

SUNDAY

JANUARY 7

2:00 - 3:30PM

YOGA & RELAXATION

with DIY Rice Socks

START THE YEAR WITH 30 MINS OF YOGA AND RELAXATION FOR PREGNANCY, POSTPARTUM & BEYOND.

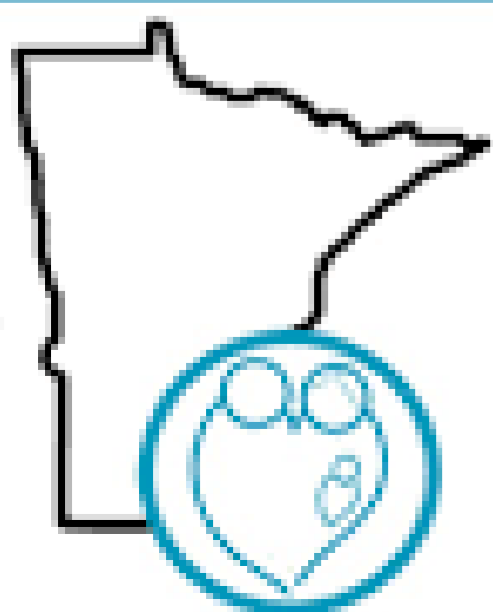
FOLLOWED BY REFRESHMENTS & RICE SOCK MAKING (GREAT TOOL FOR LABOR, NECK & BACK PAIN).

COST: \$5 OR A DONATION OF DIAPERS, NURSING PADS, OR BREASTMILK STORAGE BAGS FOR PROJECT COMMUNITY CONNECT TO SUPPORT THE HOMELESS IN OUR COMMUNITY



ROCA
6071 Rome Circle NW
Rochester, MN

**Everybody
Welcome!**



Southeast Minnesota
Childbirth Network

semnchildbirth.net