

FOURTH TRIMESTER COMMUNITY CIRCLE

JOIN US FOR THIS FREE NEW OFFERING FOR PARENTS IN THE FIRST 12 WEEKS POSTPARTUM. EACH WEEK WE WILL WELCOME GUEST SPEAKERS TO ANSWER QUESTIONS AND SHARE THEIR KNOWLEDGE ABOUT WHAT TO EXPECT IN THE FOURTH TRIMESTER.

**DROP IN ON THURSDAYS
FROM 12:30PM TO 2:00PM**

JANUARY 16

JANUARY 23

JANUARY 30

FEBRUARY 6

FEBRUARY 13

FEBRUARY 20

**DOORS OPEN AT 12:30PM,
CIRCLE GATHERS AT
12:45PM**

LOCATED AT THE JOHN TODD CENTRE Y, 150 WOOD ST.
FOR COMPLETE SCHEDULE OF GUEST SPEAKERS PLEASE GO TO
WWW.LIGHTHOUSE THERAPY.INFO/FOURTH-TRIMESTER-COMMUNITY-CIRCLE



Shine On

IN PARTNERSHIP WITH THE KAMLOOPS YMCA BC AND FUNDED BY
COMMUNITY FUNDRAISING THROUGH FLORA'S WALK.

