

The path to good health

Free consumer lecture series



DATE: Wednesday, March 14th, 2012
TIME: 6-7pm
PLACE: A Market Education Center
379 South Willow St
(Shaws Plaza, behind A Market to the left of Giovanni's)
Manchester, NH 03103

Holistic Therapies for a Healthy Pregnancy and Easier Birth

Come learn how Chiropractic Care with a Webster Technique Certified Chiropractor can prepare the woman's pelvis for an easier pregnancy and birth. Allowing the baby the room to move into the best possible position for birth, help with the breech presentations, decrease heartburn, headaches, sciatica and more of the aches and pains associated with pregnancy and birth: ***naturally***

Dr. Caruso will also discuss how other complementary therapies such as prenatal exercise, massage, reiki and acupuncture play a supportive role in achieving a healthy pregnancy and easier birth.

About the Instructor:

Dr. Caruso is a Webster Certified prenatal chiropractor and local expert on natural pregnancy and pediatric care. She owns Healing Hands Chiropractic Family Wellness Center in Londonderry, NH. Healing Hands is a full-service family wellness center that offers prenatal & family chiropractic care, acupuncture & herbs, cognitive-behavioral therapy, reiki and aromatherapy, massage therapy, LaLeche League breastfeeding support groups and pregnancy & birth classes.

Dr. Caruso is a proud member of the International Chiropractic Pediatric Association, Holistic Pediatric Alliance and American Pregnancy Association; and is dedicated to promoting and supporting the overall health, well-being and highest quality of life of all individuals and families in her community through natural chiropractic care and education.

Learn more about Dr. Jess Caruso at <http://www.healinghandsnh.com/about/about-dr-jess/>

This event is sponsored by A Market

Unless Specified all A Market sponsored events are **FREE** and open to the public. Registration is required.

Please email Jackie at Jackie@myamarket.com or

call her at the A Market Business Office **603-641-1829 x112**