



## *Supporting mothers emotionally and physically through a collaborative approach*

To register for classes or inquire about other services, please visit:  
[www.motherswellnessofmarin.com](http://www.motherswellnessofmarin.com)

### **Our "Planning for Postpartum Wellness" class will address:**

- Managing Birth Plan expectations
- Changing relationship with partner
- The value of "Me Time" and other sources for strength
- The importance of sleep and nutrition in recovery and long term health
- The types of common mental health problems and when to ask for help
- Exercises that speed and improve the pelvic floor and abdominal rehabilitation

### **MWM also offers:**

- Complementary Postpartum Wellness Check-in
- Monitoring, screening, and treatment of Postpartum Mood Disorders
- Cognitive Behavioral Therapy
- Home-based support for women unable/unwilling to leave their home
- Individual or family nutritional services
- Individual or group postpartum Pilates
- Guided discussions and educational programs for mothers groups

**New classes forming now.**

Contact us for class schedule and registration

**Emilee**

415-317-0114  
[bewell@emileewise.com](mailto:bewell@emileewise.com)



**Claire**

415-529-6560  
[clairesebastianlcsww@gmail.com](mailto:clairesebastianlcsww@gmail.com)