April/ May/ June

Postnatal Pod

THE BABY ROOM, EXETER ~ 1 - 2:15PM

WEEK 1
Tues 21st

SHARING BIRTH STORIES
MIDWIFE PIPPA

WEEK 2
Tues 28TH

POSTNATAL RECOVERY
DAVINA

WEEK 3
Tues 5TH

OSTEOPATHY
LAURA

WEEK 4
Tues 12TH

DIETITIAN / NUTRITIONIST
FRANKIE

WEEK 5
Tues 19TH

SLEEP SPECIALIST
LOUISE

WEEK 6
Tues 2ND

FOURTH TRIMESTER
SIAN