

FATS MAMA CIRCLE

First Tuesday of every month from 12pm - 2 PM

@ The WellNest 323 S Gilbert Rd #209 Gilbert AZ 85296

More information call 480.528.1689 or freedomandtheseed.com



2015

Sept ~

2 - Pregnancy - Comfort Measures

Oct ~

6 - Baby - International Babywearing Week

Nov ~

4 - Birth - Stories and Art

Dec ~

2 - Ceremony - Winter Solstice

2016

Jan ~

6 - Pregnancy - Affirmations

Feb ~

3 - Postpartum - PPD

Mar ~

6 - Ceremony - Spring Equinox

Apr ~

3 - Breastfeeding