

**Weekly Postpartum Support & Wellness for Moms & Infants**  
**Tuesdays | 10 am at CHP Great Barrington**



Join this supportive gathering where conversations revolve around breastfeeding, new family dynamics, postpartum depression, nutrition, and any other topic related to becoming a new parent.

Led by Laura Gariepy, Family Nurse Practitioner at CHP Great Barrington, and Ilana Siegal of Lifeworks Studio.

Held at CHP, 444 Stockbridge Road, or via Zoom.



Scan the QR code for more information on the Beyond Delivery program, or visit [chpberkshires.com/beyonddelivery](http://chpberkshires.com/beyonddelivery)

