

# PARENTHOOD: A PIECE OF CAKE?!

MEETINGS FOR PARENTS OF ALL AGES AND PREGNANT WOMEN

at "Belsize Community Library"  
(Antrim Grove, London NW3 4XN)

24.06.15 at 11.00  
**BABYWEARING**

We will be talking about all the benefits of carrying our babies and demonstrating how to use woven wraps and other carriers.



Everyone is welcome  
Free entry

For information: e-mail:  
wrapahug@gmail.com  
phone: 07928513877 Azzurra

22.07.15 at 11.00  
**AROMATHERAPY**

Would you like to uncover the mystery of Aromatherapy? Learn how it works, what it can do for you and your family and how to make your own products safely?



19.08.15 at 13.00  
**WALKING MUMS**

Jay Keshani, founder of Walking Mums, will talk about travelling near and far away with small babies. She will explain how to make your journey as short and enjoyable as possible. This talk will be full of tips based on real life experiences.



6.09.15 at 10.30  
**MEET A DOULA**

How can having a Doula help you? The work of birth and postnatal doulas explained by Doula UK recognised practitioners Alison Grunwald and Nina Forman.

