

POWER LUNCHEE



with EXPERTS!



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HEADS UP!

**TORTICOLLIS &
FLAT HEADS**

**PRENATALS
TO 4 MONTHS**

Learn how to support your baby's development with simple tools and tips for every day! This class covers torticollis and plagiocephaly, why they're becoming more common, and what early signs to look for.

Discover easy ways to promote better head shape, alignment, and comfort at home—plus how to make tummy time less stressful and more enjoyable for both you and your baby!

Thursday, November 6 at 1 PM