

2009 Mom & Baby Wellness Sampler

Friday, November 20th

Event Sponsors



*Specially crafted for babies —
everything you want, nothing you don't*

www.stonyfield.com



*Seacoast Yoga classes, summer camps,
birthday parties and special event for babies,
toddlers, preschoolers, big kids and families.*

603-781-3323
lisa@childlightyoga.com
www.childlightyoga.com

Schedule

- 1:00 Meet & Greet / Mingling**
- 1:30 Welcome from ChildLight Yoga and Introductions**
- 2:30 Raffle Drawings**
- 2:45 Conclusion/Parting Gifts**

Participating Businesses

cardea Chiropractic Wellbeing

Vikky Stevens

603-433-2023

info@cardeawellbeing.com

www.cardeawellbeing.com

Dr. Kimberly Higney of cardea chiropractic well-being focuses on family wellness care through gentle chiropractic (Network Spinal Analysis), whole food nutrition, healthy activity, and a healthy mind frame.

Children's Museum of New Hampshire

Heidi Duncanson

PO Box 654, Dover, NH 03821-0654

(603) 742-2002

www.childrens-museum.org

The Children's Museum of NH is a hands-on arts and science museum for children ages 1-12, offering First Friends playgroup for babies and toddlers, and Wee Ones classes for children ages 2-4.

Coastal CPR and First Aid

Gail Klanchesser

603/834-3177

gail@coastalcpr.com

www.coastalcpr.com

Providing personalized one-on-one and small group CPR and First Aid courses for new parents and caregivers.

Dr. Beth Devlin

603-430-7600

bethdevlinnd@gmail.com

A licensed naturopathic doctor specializing in family medicine, offering treatment for a wide range of acute and chronic imbalances in children, ranging from ear infections and allergies to ADHD, and in women-- from annual GYN exams, and hormonal imbalances to fertility and post-partum support.

The Dinner Goddess Personal Chef Service

Chef Rhiannon Fenstermaker

www.thedinnergoddess.com

rstedfast@comcast.net

603-679-2412

The Dinner Goddess is an in home cooking service. All menus can be customized to suit the client's needs. Chef Rhiannon brings all her own equipment with her. She does all the grocery shopping, cooking, packaging and labeling of your meals with directions. Then she cleans up and leaves your house with wonderful aromas and a freezer full of meals!

Discovery Toys

Elizabeth McGee – Independent Educational Consultant

(603) 335-4399

emcgee@metrocast.net

www.discoverytoyslink.com/emcgee

"Discover the power of parent-based learning with high quality educational toys for children of all ages"

Valerie Fagin -- Prenatal Yoga Instructor

Yoga East

603.422.9642

info@yogaeastyoga.com

Families First

Hilary O'Neil
Community Outreach Worker
Families First Health and Support Center
603-422-8208 x-320

Gymboree Play and Music

Marlow Rahn- Owner & Director
603-964-3003
RyeNH@GymboreeClasses.com
www.GymboreeClasses.com
Educational play, music & art classes for ages 6 weeks through 5 years of age.

GypsyMama, LLC

Kristi Hayes-Devlin
GypsyMama.Info@gmail.com

Heartful Birth

Andrea Rutherford
603-498-1113
www.heartfulbirth.com
andreanh@comcast.net
Offering unique private and group childbirth classes, prenatal yoga and lactation support.

In-Motion Chiropractic

Cassie Cardillo, DC
43 Main St., Apt. #1
Dover, NH 03820
Tel 603.516.0990
info@inmotion-chiro.com
www.InMotion-Chiro.com
Chiropractic care is essential for the expecting Mom because it helps to maintain balance in Mom's spine and pelvis, it allows her baby's development to be optimally healthy, and it facilitates an easier, safer delivery for Mom and baby.

La Leche League – Seacoast Chapter

seacoastareaLLL@excite.com
www.seacoastnhlll.org
An organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. All women interested in breastfeeding are welcome to attend the monthly Group meetings or call a Leader for breastfeeding help.

Tracey Osborne Miller

Holistic Health Counselor

www.traceymillerwellness.com

tracey@traceymillerwellness.com,

Phone: 603-380-1080

Helping moms incorporate healthy meals into their busy lives through health coaching, nutrition education and cooking classes. Tracey studied at the Institute for Integrative Nutrition in New York City, and the Food Studies Institute, an organization devoted to changing the health destinies of children through proper nutrition and education.

Mommy Be Well

Kate Kennington, Owner and Holistic Health Counselor

603.970.1282

www.mommybewell.com

Kate@mommybewell.com

Devoted to supporting and educating moms and moms to be to have a healthy pregnancy, birth and transition into motherhood. With an emphasis on a holistic approach Kate delivers a tailored program to meet individual nutrition and lifestyle needs promoting long term health for you and your family.

New Mother's Resource Guide

Angie M. Lombard; Managing Director

603-502-4934

angie@newmothersresourceguide.com

www.NewMothersResourceGuide.com

For new mothers and parents-to-be; however it is also a valuable resource for new fathers, grandparents, 'seasoned' parents and anyone who has the remarkable responsibility of caring for a child.

NYR Organic

Kim Kennedy, Founding Leader

www.us.nyrorganic.com/shop/kimkennedy

603.512.5677

The new U.S. direct selling (party plan) channel of Neal's Yard Remedies, an award-winning organic skincare company with a 28-year history of success in the U.K.

Parenting NH Magazine

Kris Jarvis

603-413-5159

kjarvis@parentingnh.com

parentingnh.com

'The Ultimate Resource for NH Families'

Safe Steps Childproofing

Amybeth Engler -- Child Safety Consultant
20 Portsmouth Ave., Suite 168
Stratham, NH 03885
(603)686-3948

www.safestepschildproofing.com

Professional babyproofing and childproofing company specializing in the installation of child safety products, in-home safety consultations, in-store car seat and baby product consultations, baby and child safety seminars, and fittings for Moby Wrap baby carriers.

Sarah Varney Photography

Sarah Young
603-512-7494

svarney555@yahoo.com

www.sarahvarneyphotography.com

On location photographer serving the seacoast with all of your photographic needs. Specializing in portraits and weddings.

Seacoast Area Moms of Multiples (SAMOM)

Elizabeth Cross

samomclub@gmail.com

www.samomclub.org

Mothers who have had the experience of conceiving or caring for more than one child at a time, gather at meetings and play dates to share experiences, offer support, and broaden horizons.

Seacoast Doula Group -- Birth and Postpartum Support

Liz Gaudette

11 Third Ave, York, ME 03909

207-363-1379

lgaudett@maine.rr.com

www.seacoastdoula.com

A network of independent practitioners dedicated to providing effective birth, postpartum and breastfeeding support.

Slings and Baby Things

Denise Jacobsohn

djlittlegirl@hotmail.com

www.slingsandbabythings.com

Offers Pouch Slings, Wrap Slings, and Soft Mei-Favorite Carriers.

Stroller Strides

Heather Conder-Johnson

Dover, New Hampshire

heatherconder@strollerstrides.com

www.strollerstrides.com