

FREE SUPPORT GROUP

Integrating care with your wellness in mind.

TIME: First and Third Thursdays from 5-6:30

LOCATION: 300 20th Avenue North, Suite 505, Nashville, TN 37203

FIRST & THIRD THURSDAY
OF THE MONTH

NEW MOM WELLNESS:

Motherhood is forever –
but "survival mode" doesn't have to be!

This group is about encouragement and community,
while helping you cope with the emotions of
motherhood. Learn self-care strategies
alongside other moms who understand
the ups and downs of parenthood.

Expectant moms & Lap babies also welcome!

W O M E N

Obstetrics & Gynecology

PHYSICIANS • MIDWIVES

