

Holistic Nutrition

for moms and babies



All Stages of Pregnancy

Pregnancy
Preconception
Postpartum

Nutrition
& Holistic Wellness

NourishTheFuture.com

TOPICS PRESENTED

- Building Nutrient Reserves
- Digestion
- Holistic Support for Pregnancy
- Toxins & Fertility
- Postpartum

WEEKEND WORKSHOP IN SAN FRANCISCO

SATURDAY & SUNDAY JANUARY 16TH & 17TH, 9AM-4PM

SPECIAL PANEL: MIDWIFE, DOULA, ACUPUNCTURIST, CHIROPRACTOR, YOGA & MORE



Julie Matthews

Certified Nutrition Consultant

Award-winning Author

♥ Empower yourself & family
with Holistic Health knowledge

HOLISTIC NUTRITION
for Pregnancy, Pre-Conception, & Postpartum
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