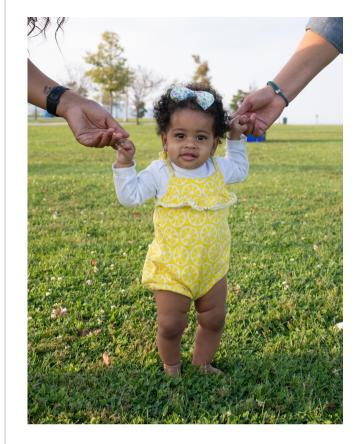






#### CONTACT

(845) 278-4800 412 Clock Tower Commons Dr. Brewster, NY 10509 www.BabyBotanica.com





SPACE TO GROW, LEARN & BUILD COMMUNITY

# WHO WE ARE

Baby Botanica is a space, a place, and a frame of mind; a space that welcomes, nurtures and inspires; a space that encourages communication, conversation, and sharing; a space that's home to a unique and welcoming community.

Baby Botanica provides freedom to learn, to be social, to heal, and to develop in many different ways, guided by co-operative member care professionals and visiting care professionals.

It is a place that's alive with positivity, possibilities, knowledge, healing arts, and wisdom. Come join us and join in. A future full of wonderful experiences awaits you.

Where new and evolving families gather to grow, learn and build community. Baby Botanica is unlike anywhere else you've ever been.



### WHO WE SERVE

- Growing and evolving families
- Parents-to-be and new parents
- Young people from infants to teenagers
- People looking for childbirth and parenting expertise
- Parents who want to know about everything from childbirth to sleeping habits, breastfeeding to baby yoga
- Those seeking excellent practitioners of many different healing modalities
- People who want to meditate, practice yoga, or even go on a jog with others

# BE A PART OF THE BABY BOTANICA FAMILY

By sharing & learning together, we are able to feel braver, stronger, wiser, kinder & better informed.

## WHAT WE OFFER

### SERVICES

- Wellness & Counseling
- Chiropractic, Massage, & Pelvic Floor Physical Therapy
- Estethics & Healing Arts
- Homeopathy
- Lactation Support
- Life Coaching & Mental Wellness
- Fitness Coaching
- Birth & Post Partum Support

#### CLASSES

- Family Wellness
- Parenting Education
- Prenatal & Birth Education
- Yoga & Fitness
- Play & Learn for Babies
- Learn & Grow for Kids
- Teen Workshops
- Variety of Free Meet-Ups & Groups

