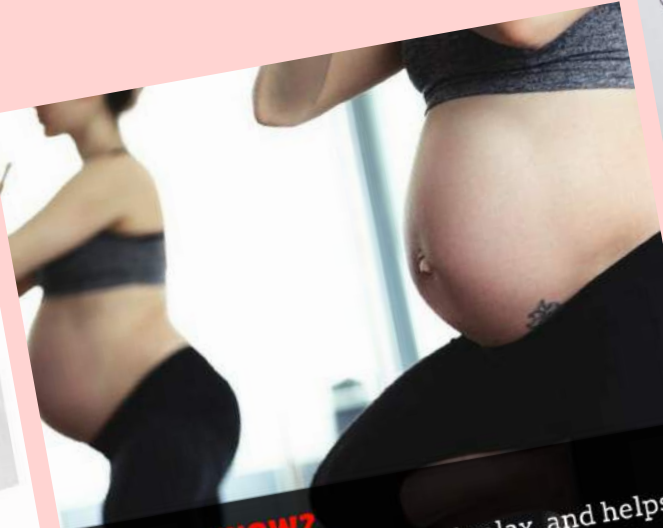




"a place in your heart
her knew was empty."



DID YOU KNOW?

Yoga helps you breathe and relax, and helps you adjust to the physical demands of pregnancy, labor, birth, and motherhood.



The Benefits of Regular Exercise

- ✓ helps control weight
- ✓ fights health conditions and diseases.
- ✓ improves mood
- ✓ boosts energy
- ✓ promotes better sleep.



breast cancer is the most commonly
diagnosed cancer in women.

Early detection saves lives.
Get screened today



More women than men experience depression. One in four women will require treatment for depression at some time, compared with one in 10 men.

YOU ARE NOT ALONE so don't be afraid to ask for help



Eating

can help
the risk
disease
and



Did you know?

Pregnant women have less oxygen in their blood, which is



"Motherhood: All love begins
and ends there."

—Robert Browning



Did you know?

Step Foundation
average woman
one minute

Kylie Russell
SAMPLES