

# M.E.S.H.

## Moms Engage to Stay Healthy

*Support and information to guide you through this time of transition*



### **M.E.S.H. is an 8 - week support and education program for new and expectant moms.**

- Each of the eight weeks centers on an issue of relevance to this time of transition.
- Topical and relevant information is presented, and practical methods of coping are demonstrated and discussed.
- The opportunity to express one's feelings and concerns is provided in a comfortable and compassionate environment.
- A program booklet is provided for supportive exercises and activities throughout each week.

For more information or to register,  
please call Trish **610.525.7527 ext.7.**



The Postpartum Stress Center  
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