



## *The Synthesis Center of Saint Mary's* *@ The Real Food Studio*

We are pleased to offer a new program for prenatal and postpartum women, focusing on overall health and wellness, including physical activity, restorative practices, mental and emotional needs and making food choices that nourish your body and support your personal resilience.

This six week series of virtual and in person classes will be held at *The Real Food Studio*  
41566 Medleys Neck Road, Leonardtown, MD.

In partnership with St. Mary's County Health Department,  
***this program is free.***

We'll begin with a virtual meeting on  
Tuesday, September 6<sup>th</sup>, 5:30pm – 6:30 pm.

Weekly in person 90 minute sessions will start on  
Thursday, September 8<sup>th</sup>, 5:30pm-7:00pm.

To register or for more information email us at:  
[synthesiscenter92@icloud.com](mailto:synthesiscenter92@icloud.com)  
or call 240-587-1444

