

august 2010

vesta parenting centre

mon. 10a-4p

**closed Aug.2nd
for civic holiday**

Breastfeeding Cafe
10:00a-11:30p

Fit Moms n' Babes
1:00p-2:00p
(video class Aug.9th)

tues. 10a-8p

Aug. 10th Afternoon
Mini-Mama-Massages!
Aug. 10th Evening
Le Leche League
Aug. 24th Morning
Homoeopathic Chat
Aug. 24th Afternoon
Infant Massage

weds. 10a-4p

Pilates 12:00p

Movie Matinee
August 18th 1:30p

thurs. 10a-8p

Mothering Matters
1:00p-3:00p

Prenatal Yoga
6:30p-7:30p
(no class Aug.12th)

fri. 10a-8p

August 20th
Surviving
Motherhood
1:00p-2:30p

See our website
for other special
programs!

sat. 9a-5p

Kick Butt Cardio
9:00-10:00am

We are **CLOSED**
August 14th from
9-12 so we can all
view **BABIES** at the
Galaxy Cinema!
Tickets available
in store.

August special events discussion | fitness | support

- Vesta Parenting is thrilled to sponsor a charitable screening of the BABIES documentary on August 14th at 9:00am at the Galaxy Cinema in St. Thomas (www.babiesthemovie.com).
- Vesta welcomes Sarah Lynch RMT (from Bliss) on August 10th for Mini-Mama-Massages, these are by appointment and are 15 minutes in length. A quick way to release some tension!
- We welcome Le Leche League St. Thomas Elgin on Tuesday August 10th at 6:00pm, open to everyone. For more information contact Marijean Amesman 519.637.7763
- Sheryl Cloes, Dr. of Homeopathic Medicine will begin monthly talks starting August 24th. Starting with "What is Homeopathy?", Sheryl will help you discover why Homeopathy is gaining favour in alternative medicine modalities.
- On August 24th, Sarah Lynch is back for a baby massage workshop.
- All Dandelion organic plush, rattles and shape sorters 15% off from August 14th to 28th (cannot be combined with other offers)
- New programs coming in FALL 2010; Becoming a Breastfeeder (prenatal education), Birth and Beyond (for November/December due dates), Cloth Diaper Workshops, Babywearing Workshops.
- Smart Hands baby sign language classes begin soon! See mysmarthands.ca for registration information or contact Charlene at charlene@mysmarthands.ca
- Private breastfeeding support is available by appointment.

vesta 

767 Talbot St., St. Thomas ON N5P 1E3 519.631.6461
centre www.vestaparenting.ca shop www.vestashop.ca

barb weir photography

www.barbweirphotography.com
bwphotography@rogers.com



Photo day: August 21st from
10:30a to 12:30p
By appointment. Call for details.