

IT'S ABOUT

YOU!

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## Are you Prengant?

*The Rose[Y] program is an evidence based stress management program which teaches pregnant mothers tools that will help her during pregnancy and beyond and it is virtual*

*If you think the ROSE Program will help you or want to learn more about the program call (914-922-2240 ext. 103 or 102). Email Bianca Zayas (zayasb@lhvpn.net) or Cara Stanley (stanleyc@lhvpn.net)*

**Start date 3/10/21-  
3/31/21 3:00pm-4:30pm**

**Every Wednesdays**

**Click Here**

