

St. Margaret's Obstetrics Department presents:

From Birth to Reality

A five week New Parenting Series of informal discussions with experts.

This Series will be Located at Our Obstetrics & Gynecology Center - Peru

Come to one, or come to all:

January 17th 6-7 PM Tuesday

Pelvic Floor Therapy for Bladder Control and other Post-Birth Issues

Michelle Zens, PT, DPT with Donna Sweetland, MD, Board Certified in Obstetrics & Gynecology

January 24th 6-7 PM Tuesday

Is it the Blues...or Post Partum Depression?

Benjamin Shepherd, MD, Family Medicine

January 31st 6-7 PM Tuesday

Returning to Work, Breast Feeding Tips from a Lactation Counselor

Cynthia Salazaar, RN

February 7th 6-7 PM Tuesday

Infant Safety-Car Seats, Home Safety, Immunizations

Peru Police &

Erica Roetker, RN, MSN, Perinatal Unit Coordinator, Certified Childbirth Educator & Car Seat Technician

Liz Smith, Prenatal Educator

Fazal Ahmed Khan, MD, Family Medicine

February 21st 6-7 PM Tuesday

New Dads/ New Babies - Keeping it Together!

Andrew Zidow, MD, Family Medicine & New Dad

Call ahead to register

(815) 664-1486

Walk-ins also welcome

Obstetrics & Gynecology Center - Peru, Dr. Sweetland's Office | 1436 Midtown Rd | Peru

Contact Health Promotions : (815) 664-1440 | kdonahue@aboutsmh.org

**"Breathe through
the frustration.
Pray through the
commotion."**

-parentingwildthings.com



St. Margaret's Health

Obstetrics & Gynecology Center - Peru

SMP Health System

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