



Growing Healthy Families

Learn how to optimize your health before conception and during your pregnancy, natural options to enhance fertility, healing after delivery, caring for your newborn, and ways to embrace healthy living as a family. Options are available to the community regardless of where you doctor or plan to deliver.

Birth Planning Consultations

Your birth plan is an important tool in facilitating discussion with your care provider on how you can work together toward a positive birth experience, as well as helping your entire birth team provide personalized care during this special day. Offering one-on-one appointments.

Your Birth: Beyond the Basics

There is so much more to birthing than “breathing through contractions.” In this class you will experience tips and tricks you won’t hear in other birth classes. You will learn how to work with your body, not against it, for a more comfortable, efficient birth.

Comfort Measures Workshop

Build confidence for labor as you and your support person discover the three types of relaxation needed during labor. Learn and practice specific comfort measures your support person can use to help you have a more comfortable birth.

Lactation Consultations

Our Lactation Consultant will work together with you to create an individualized care plan to overcome any breastfeeding challenges you may have. Offering one-on-one appointments for breastfeeding, pumping and flange fitting.

Prenatal Breastfeeding Class

Knowing about breastfeeding and what to expect is a good idea before your baby arrives. This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class.

Milk Parties

This FREE support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. This is a great way to receive support and offer support to other moms in return!

Meetings monthly - every 2nd & 4th Monday.

Yoga

Prenatal Yoga: Release tension and move your body in ways that can ease common discomforts of pregnancy.

Baby & Me Yoga: Join us and move your body in support of postpartum recovery. Share the gift of yoga with your little one, and learn exercises you can do with your baby for better sleep and digestion, less fussiness, and greater body awareness.

Essential Oils for Mom and Baby

Would you like to learn more about using essential oils during pregnancy and infancy? This one-hour class will provide information about essential oil use and safety for moms and babies, especially during pregnancy, early infancy, and while breastfeeding.

Other Healthy Pregnancy Options

At Statera, we offer a wide variety of traditional medicine and complementary therapies for men, women and children of all ages to support Growing Healthy Families.

Not sure where to start? Schedule a FREE 30-minute consultation to learn more about what options may be best for you.