

# DID THIS PREGNANCY MAKE ME LOOK FAT?

## How to embrace your post-baby body and feel fabulous!



Are you frustrated and sad when you look at your post-partum body in the mirror? Do you long for the body you had before you got pregnant? How about angry because it's been 6 months (or 8 or 10 or more) since baby was born, and the only thing that fits are your maternity jeans? Stumped on how to fit exercise and a nutritious diet into your busy life with baby?

**Help is on the way!** Join Amanda Goldfarb, Registered Dietitian and Holistic Health Coach (and mother of a one year old!) for a workshop created just for post-partum mamas at any stage of the game. Whether you've had a baby two weeks, two months, or two years ago, Amanda will give you tips on how to appreciate your post-baby body in all of its beauty! You will also learn how simple it is to make good nutrition and daily movement a part of your busy life.

### Babies in arms welcome.



#### Where?

The Birthplace, 3rd floor  
Franklin Medical Center  
164 High St Greenfield,  
MA 01301



#### When?

November 7, 2013  
6:00 pm  
Free!



#### Who?

Amanda Goldfarb, RD, LDN, CHHC, is a Registered Dietitian and Certified Holistic Health coach. She specializes in working with women to help them feel their best while trying to conceive, during pregnancy and post partum. You can find her chasing after her one year old son, Nate, and blogging about healthy living at [www.cakeandcarrots.com](http://www.cakeandcarrots.com). And, of course, eating dark chocolate.

