



MATERNAL WELLNESS POSTPARTUM SUPPORT GROUP

**INFANTS UNDER 1YR ARE
WELCOME TO ACCOMPANY THEIR MOMS**

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 <i>Meditation Group</i>		
7	8	9	10	11
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 <i>Meditation Group</i>		
14	15	16	17	18
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 <i>Meditation Group</i>		
21	22	23	24	25
	Viewridge 10:30-11:30	San Marcos 10:00-11:30 <i>Meditation Group</i>		
28	29	30		

KAISER PERMANENTE
WEDNESDAYS IN SAN MARCOS
400 CRAVEN RD, 92078; 2ND FLOOR, CLASSROOM A
EVERY TUESDAY AT VIEWRIDGE
5251 VIEWRIDGE COURT, 92123; THE INTEGRATIVE CONFERENCE ROOM

PLEASE CALL TO RSVP CONTINUING CARE SERVICES (619)641-4456
 OR OB GYN DEPT 1-800-290-5000

<http://continuingcare-sandiego.kp.org>

