

PROVIDENCE ST. JUDE WELLNESS CENTER

# Maternity Services

St. Jude Wellness Center offers a variety of services to ease your way from early pregnancy all the way through your postpartum journey. We want to enhance the health and wellness of you and your new growing family.

## Personal Training

Meet with a trainer privately, in a duet or in a mini group to stay safely fit throughout pregnancy. Once you are cleared for exercise postpartum, train with us to safely and effectively regain core & pelvic strength.

## Breath Coaching

A solid breathing routine will make your labor experience much more comfortable and less stressful for both you and baby. Our breath coach will help you with consistent practice and you can meet privately or with up to 3 other people.

## Nutrition Services

Learn healthy eating habits for both you and baby. Regroup with our dietitian when baby is gearing up for solids to prepare for a whole new journey of food introduction!



Scan to watch  
**Prenatal  
Nutrition 101**

## Skin Therapy

Treat your skin to an indulgent session with our holistic esthetician to address acne, rosacea or dryness related to hormonal changes.

## Massage Therapy

Enjoy the benefits of massage from 13 weeks gestation thru labor preparation. Massage techniques can also help ease some discomforts that occur postpartum.

## A Pelvic Floor Strengthening

Join our medical fitness group class for twice weekly mat Pilates sessions focused specifically on pelvic floor. Appropriate both pre and post-labor.

## Prenatal Wellness Program

A 2-week gentle prenatal program led by our Doula & Yoga Therapist. Designed to give mamas a safe environment for movement, mindfulness and birth prep. Can be repeated multiple times throughout pregnancy.

## Contact Us

Contact us for pricing, schedules, prenatal workshops & to book your free health assessment

(714) 578-8770  
2767 E Imperial Hwy, Brea, CA 92821  
stjudewellnesscenter.org  
stjudewellness@stjoe.org



**St. Jude  
Wellness Center**