

20073-292-062



Wendy Cooper · Julie Martin · Sonja Rosen

Registered Nurse Practitioners

224A-228A Dominion Road · Mount Eden · Auckland 3

3.6.87

Attention:

Home Birth Association.

I have enclosed some information related to our service that be of interest to you and / or your clients.

Please do not hesitate to contact us if we can be of any support.

Yours sincerely,

Julie Martin

JULIE MARTIN  
NZRGON, ADN

Stress management · counselling · advice · health programmes · fit · testing · health checks · prevention of disease · health promotion · traditional & innovative therapies · group & private consultations · adult & baby massage · yoga · shiatsu · touch for health · relaxation techniques · meditation



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PARENTING SKILLS WORKSHOP \$48

for mothers with baby's under 1 year

- Growth & development for 1st year
- Health maintenance
- Mother's matter too
- Baby massage

The 4 2hr groups include post  
natal yoga

phone 608633 for further information

Stress management · counsel · g. advice · health programmes · stress testing · health checks · prevention of disease · health promotion · traditional & innovative therapies · group & private consultations · adult & baby massage · yoga · shiatsu · touch for health · relaxation techniques · meditation



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# FUN CLASSES

JAPANESE YOGA  
FOR CHILDREN

DEVELOPS = STRENGTH  
STAMINA  
SUPPLENESS  
CONFIDENCE  
TRUST

TUES 4.30 - 5.30 \$5.50

PH 608633 FOR INFORMATION

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