

the nest

wellness collective



At The Nest

AUGUST 2026

Resources, education, and connection
for women, children, and families
in every season of life.

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& Workshops



Preparing Your
Pelvic Floor for Birth



Featured Service:
Functional Medicine



Looking Ahead to
Fall at The Nest

Women's Health. Fertility. Motherhood. Beyond.
Whole Person Care – Body, Mind & Heart.

August Events and Workshops



EVERY FRIDAY
IN AUGUST

Strength & Play *with Emma Hess*

🕒 11:30 AM - 12:00 PM | 💰 \$25

Move, strengthen, and reconnect in this parent/caregiver-focused workout while little ones play safely nearby. Bond with baby AND care for yourself.



WEDNESDAYS
AUG 5 - 26

Little Explorers: Toddler Group *with Rooted Together OT*

🕒 9:45 AM - 10:30 AM | 💰 \$35 per session

Sensory-rich play experiences designed to support development, connection, and early exploration for babies and their caregivers. Ages 0-12 months.



WEDNESDAYS
AUG 5 - 26

Little Explorers: Baby Group *with Rooted Together OT*

🕒 11:00 AM - 11:45 AM | 💰 \$35 per session

Engaging sensory activities that encourage curiosity, development, and connection through play for toddlers and their caregivers. Ages 0-12 months.



THURSDAY
AUGUST 13

Wiggles & Words: Ice Cream Social! *with Bham Speech & Language*

🕒 10:45 AM - 11:45 AM | 💰 \$25

A fun, summer-themed playgroup that supports early speech, language, and motor development - perfect for babies and toddlers (0-36 months)!



THURSDAY
AUGUST 13

Beyond Mom Rage Workshop *with Kristen Carney, LMSW*

🕒 6:00 PM - 8:00 PM | 💰 \$55

A restorative workshop for moms: gentle movement, nervous system education, somatic practices, mindfulness, reflection, light bites and supportive discussion!



SATURDAY
AUGUST 22

Starting Solids & Infant CPR *with Emma Hess & Courtney Engel*

🕒 10:00 AM - 11:30 AM | 💰 \$125 individual | \$175 per couple

Gain confidence introducing solids while learning essential infant CPR, choking response, and feeding safety skills.



SATURDAY
AUGUST 29

Me, Mine & My Little: Partner + Baby Workout *with Emma Hess*

🕒 10:00 AM - 11:00 AM | 💰 \$30 per couple

This strength-focused fitness class is designed for caregivers and their babies (ages 0-1). Enjoy a full-body workout with your partner and little one!



PREPARING YOUR PELVIC FLOOR *for Birth*



No matter how you birth your baby, or if you have anything “wrong” in your pregnancy, you can always see a pelvic PT for support, guidance and preventative care to help set you up for success.

You don't need to be experiencing pain or complications to benefit from pelvic floor physical therapy during pregnancy. Just as many people prepare for birth through education, exercise, or meeting with a doula - pelvic floor physical therapy is another proactive way to prepare your body for labor, delivery, recovery and the transition into parenthood.

NO MATTER HOW YOUR STORY UNFOLDS...



VAGINAL
BIRTH



VBAC



PLANNED
C-SECTION



INDUCTION



ALL BIRTH
PATHS

Pelvic floor physical therapy can help you feel more confident, informed, and physically prepared every step of the way.



HOW THE NEST CAN SUPPORT YOU



BIRTH PREP CLASS

Prepare your body and mind for labor and birth with education, movement, and hands-on support.

- 🌿 Labor & birth education
- 🌿 Optimal positioning
- 🌿 Breath & Pressure management
- 🌿 Perineal massage education
- 🌿 Partner support

VBAC PREP CLASS

Build confidence and prepare your body for a safe and empowering VBAC experience.

- 🌿 Scar mobility & strength
- 🌿 Movement & positioning
- 🌿 Breath & pushing strategies
- 🌿 Pain management tools
- 🌿 Individualized guidance

C-SECTION PREP CLASS

Plan ahead and support your recovery with education and strategies before your scheduled surgery.

- 🌿 Surgical preparation
- 🌿 Breath & Movement support
- 🌿 Incision & Scar education
- 🌿 Recovery planning
- 🌿 Return to function

PELVIC FLOOR PT

One-on-one support at any stage of pregnancy - whether you're feeling great or facing challenges.

- 🌿 Pelvic floor assessments
- 🌿 Movement & mobility
- 🌿 Managing discomfort
- 🌿 Birth preparation
- 🌿 Postpartum planning

A NOTE FROM A BIRTH PREP CLIENT

"I came into class hoping to learn a few exercises for labor. I left with something much more valuable: a deeper understanding of my body, practical tools for birth, and the confidence to know that no matter how my birth unfolded, I was prepared."



INTEGRO HEALTH

Root-Cause Care

FOR EVERY SEASON OF LIFE.



What is Functional Medicine?

Functional Medicine is a personalized approach to healthcare that looks beyond symptom management to understand why symptoms are happening in the first place.

Instead of asking, "what medication treats this?"
Functional Medicine asks, "What systems are contributing to this - and how can we help restore balance?"

By evaluating hormones, gut health, nutrition, metabolism, inflammation, stress, lifestyle and advanced laboratory testing, Functional Medicine creates individualized care plans designed to help you feel better today while supporting long-term wellness.

Meet Kathryn Faraj, FNP-C

FUNCTIONAL MEDICINE PROVIDER

Kathryn is passionate about helping patients understand the "why" behind their symptoms. Through advanced testing and personalized care, she partners with you to uncover root causes and create a plan for lasting wellness at every stage of life.



AVAILABLE MONDAYS &
WEDNESDAYS AT THE NEST

HOW KATHRYN CAN HELP



HORMONE HEALTH

- ❧ PCOS
- ❧ PMS
- ❧ Irregular cycles
- ❧ Perimenopause
- ❧ Menopause



GUT HEALTH

- ❧ Bloating
- ❧ Food Sensitivities
- ❧ IBS
- ❧ GI Mapping
- ❧ Digestive concerns



ENERGY & METABOLISM

- ❧ Fatigue
- ❧ Weight concerns
- ❧ Insulin resistance
- ❧ Thyroid
- ❧ Inflammation



LONGEVITY & WELLNESS

- ❧ Preventive care
- ❧ Nutrition
- ❧ Lifestyle medicine
- ❧ Healthy aging



FUNCTIONAL TESTING

- ❧ DUTCH
- ❧ GI MAP
- ❧ Nutreval
- ❧ Food Sensitivity
- ❧ Lab Interpretation



IV & REGENERATIVE THERAPIES

- ❧ IV Therapy
- ❧ Wellness Injections
- ❧ PRP
- ❧ Recovery Support
- ❧ O-Shot

CARING FOR EVERY STAGE



TRYING TO CONCEIVE

Optimizing your body for fertility and healthy cycles.



PREGNANCY

Supporting your energy, nutrition and well-being.



POSTPARTUM

Healing, hormone balance & restoring your vitality.



PERIMENOPAUSE

Navigating changes with personalized support for your needs.



MENOPAUSE

Hormone balance, metabolism, mood, sleep & wellness.



HEALTHY AGING

Proactive care for longevity, strength and quality of life.



LOOKING AHEAD

Growing Together

This Fall



We're excited to continue expanding opportunities for women, children, and families to learn, connect, and thrive together. Here's a look at what's coming this fall at The Nest.

NEW THIS FALL



Rooted in Big Feelings Play Group

9/14 - 10/5

9:45 - 10:30 AM

In collaboration with Rooted Littles Co. Join us for a weekly play-based class for 1-3 year olds focused on emotional development, co-regulation & connection.



Supporting Neurodivergent Children

9/17 | 7PM

An education and connection workshop designed for parents or caregivers who are looking to support their children. Practical strategies, education, open discussion & Q&A in a supported environment.



Prenatal Small Group Fitness Cohort

Starting this September!
A supportive small-group training experience designed to help you build strength, confidence, and prepare your body for pregnancy, birth, and postpartum recovery.



Postpartum Small Group Fitness Cohort

Starting this September!
Reconnect with your body after birth through guided strength training focused on healing, core recovery, functional movement and returning to activity in a supportive community.

RETURNING FAVORITES



Strength & Play Weekly Workout

Fridays 11:30-12 PM

A Parent/Caregiver-focused strength class where adults can move, strengthen, and reconnect while little ones play nearby.



Little Explorers Play Groups

Weekly sensory play experiences led by Rooted Together OT that encourage development, creativity, movement, and connection.



Me, Mine & My Little Workout

A fun, full-body partner workout for caregivers and babies designed to encourage movement, connection and confidence together.



Starting Solids + Infant CPR

Helping families confidently navigate baby's transition to solid foods while learning practical feeding strategies and infant CPR basics.



SEASONAL EVENTS

Keep an eye out for upcoming seasonal events, educational workshops, community collaborations, and special themed experiences throughout the fall! We'd also love for you to **Save the Date** for our **Fall Open House** on **Saturday, October 3**. Join us for a morning of classes, community, and connection as you meet our providers, explore our space, and learn more about everything The Nest has to offer. Whether you're a current client, considering joining our community, or simply curious about what we do, this event is free and open to all—we can't wait to welcome you!