

the nest

wellness collective



At The Nest

SEPTEMBER 2026

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

INSIDE THIS ISSUE



Fall Events
& Workshops



Preparing Your
Pelvic Floor for Birth



Featured Service:
Functional Medicine



Connect + Explore
At The Nest

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

FALL *at* THE NEST

CLASSES | WORKSHOPS | MOVEMENT | PLAY | COMMUNITY



AUGUST



Strength & Play

with Emma Hess

Every Friday! | 11:30 - 12:00 PM

A 30-minute full-body workout designed for moms/caregivers while little ones play safely nearby. All ages welcome.

💰 \$25 Drop-in



Me, Mine & My Little: Partner + Baby Workout

with Emma Hess

Saturday, August 29 | 10:00 AM - 10:45 AM

This strength-focused fitness class is designed for caregivers and their babies (ages 0-1).

💰 \$30 per couple



Little Explorers: Toddlers

with Rooted Together OT

Wednesdays 8/19-8/26 | 9:45 - 10:30 AM

Sensory-rich play experiences designed to support development and early exploration for toddlers and their caregivers. Ages 1-3 years.

💰 \$35 Drop-in



Little Explorers: Babies

with Rooted Together OT

Wednesdays 8/19-8/26 | 11:00 - 11:45 AM

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

💰 \$35 Drop-in

SEPTEMBER



Little Explorers: Toddlers

with Rooted Together OT

Wednesdays 9/9 - 9/30 | 9:45 - 10:30 AM

Sensory-rich play experiences designed to support development and early exploration for toddlers and their caregivers. Ages 1-3 years.

💰 \$140 series | \$35 Drop-in



Little Explorers: Babies

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

💰 \$140 series | \$35 Drop-in



Tiny Prints & Big Connections

with Rooted Littles Co. & Tiny Prints

Thursday, September 10 | 9:30 - 10:30 AM

Story time, open-ended play, community, and a reserved handprint or footprint keepsake experience. Keepsakes begin at \$35.

💰 Complimentary Reservation. Limited spots.



Rooted in Big Feelings

with Rooted Littles Co.

Mondays 9/14 - 10/5 | 9:45 - 10:30 AM

Ages 1-5 + Caregiver. A play-based social-emotional series supporting big feelings, co-regulation, and early emotional development.

💰 \$140 series | \$35 Drop-in



Prenatal Small Group Preview

with Kimberly Kin

Wednesday 9/16 | 9:30 - 10:15 AM

A one-time training preview featuring strength, mobility and functional movement designed to give you a feel for the full prenatal series.

💰 \$25



Postpartum Small Group Preview

with Kimberly Kin

Wednesday 9/16 | 10:30 - 11:15 AM

A one-time training preview featuring strength, mobility and functional movement designed to give you a feel for the full postpartum series.

💰 \$25



Strength & Play

with Emma Hess

Every Friday! | 11:30 - 12:00 PM

A 30-minute full-body workout designed for moms/caregivers while little ones play safely nearby. All ages welcome

💰 \$25 Drop-in



Supporting Neurodivergent Children

with Rooted Littles Co.

Thursday, September 17 | 6:00 - 7:30 PM

Parent Education Workshop. Understand behavior, regulation, communication and connection through a strengths-based lens.

💰 \$40 per individual | \$60 per couple



Malama Flow: Series I - ROOT

with Lauren Vaughn

Thursdays, 9/17 - 10/8 | 10:30 - 11:30 AM

Mindful movement blending functional strength, yoga, breathwork, mobility, and nervous system regulation.

💰 \$100 / 4-week series



Prenatal Small Group Training

with Kimberly Kin

Wednesdays 9/23 - 10/14 | 9:30 - 10:15 AM

Personalized small-group strength, mobility and functional movement designed to support you through any stage of pregnancy.

💰 \$160 / 4-week series



Postpartum Small Group Training

with Kimberly Kin

Wednesdays 9/23 - 10/14 | 10:30 - 11:15 AM

Progressive, pelvic-floor informed strength training designed to help you reconnect, rebuild, and get stronger at your pace.

💰 \$160 / 4-week series



Intro to Solids + Infant CPR

Courtney Engel + Emma Hess

Saturday, September 26 | 10:00 - 11:30 AM

Practical feeding guidance, plus hands-on infant CPR and choking-response skills for parents and caregivers.

💰 \$125 Individual | \$175 Couple

Ready to join us?

Find your place at The Nest

Scan to explore classes, workshops + events
or visit: www.thenestwellnessco.com/workshops



SCAN TO REGISTER

The Nest Wellness Collective

32270 Telegraph Road, Suite 120, Bingham Farms, MI 48025

www.thenestwellnessco.com | (248) 962-3006





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.

SUPPORT THROUGH EVERY SEASON

Care that grows with you, your body, and your family.



Pelvic & Orthopedic Physical Therapy

Pregnancy | Postpartum
Pelvic Pain | Bladder + Bowel
Sexual Health & More



Pelvic Health Fertility Support

Whole-body Fertility Care
Cycle Support
Preconception Wellness



Pediatric Pelvic Health PT

Constipation | Potty Challenges
Bedwetting
Pelvic floor support



Caregiver & Child Classes

Sensory Play Groups
Emotional Awareness
Movement & Community



Personal Training & Fitness

Personal Training
Prenatal + Postpartum Fitness
Movement Classes



Whole Body Wellness

Lymphatic Drainage
Massage
Recovery + Wellness Services



Mental Health Support

Perinatal Mental Health
Individual Therapy
Parent + Family Support



Functional Medicine

Functional Testing
IV & Regenerative Therapy
Hormone Health



Gather AT THE NEST

• FALL OPEN HOUSE •

Saturday, October 3

CLASS SAMPLINGS | FAMILY-FRIENDLY ACTIVITIES | MINI MESSAGES
COMMUNITY VENDORS | GIVEAWAYS | LIGHT BITES + DRINKS

FREE + OPEN TO THE COMMUNITY

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