

MOVEMENT *through* MOTHERHOOD

2 MAY 2026

A MOTHER'S DAY
WELLNESS EVENT

SUPPORTING RESILIENCE THROUGH ALL STAGES OF MOTHERHOOD

Join us for an uplifting afternoon designed to strengthen, support, and celebrate women in every season of motherhood.

Led by Naturopathic Doctor **Dr. Heather Elford, ND** and Chiropractor **Dr. Erin Kooy, DC**, this event focuses on helping women build sustainable strength and resilience through intentional movement and practical wellness strategies!

WHAT'S INCLUDED:

- **Clinical Pilates Session:** 1:00–1:30 PM or 2:30–3 PM
- **Wellness Talk:** 1:45–2:15 PM
 - *Simple, sustainable strategies for thriving in motherhood.*
- **Refreshments, Gift Bags, Giveaways and more!**



DR. HEATHER ELFORD, ND



DR. ERIN KOOY, DC



30 SPOTS
AVAILABLE **\$25.00** /PERSON

SCAN THE QR CODE OR
CONTACT US TO REGISTER

Bring your kids, bring your mom, or gather your friends for a moms' day out in celebration of Mother's Day!

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EVENT LOCATED AT KINNECT STUDIO, 300 HOLLAND ST W, BRADFORD, ON