



Baby Talk!

Topics in Holistic Parenting

BEYOND BREASTMILK: Food, Family, and Health

With Tara Levy, ND and Lael Stimming, LM



Dr. Tara Levy is a naturopathic doctor with a 15-year family practice focusing on women and children in the East Bay. A parent to both an infant and a teen, she works personally and professionally with a variety of childhood issues.



Lael Stimming is a licensed midwife with a home birth practice in the East Bay, San Francisco, and Marin. The mother of four, Lael brings a wealth of practical knowledge to all her parenting classes.

Tues June 24th, 6:30-8:30 pm
Tara Natural Medicine
3186 Old Tunnel Road, Lafayette

Thurs June 26th, 6:30-8:30 pm
Rose Kindergarden at Acorn Farm
5799 Oak Knoll Rd, El Sobrante

\$30/person or \$50/couple

Please register at 925-949-8604 or lael@stimmings.com