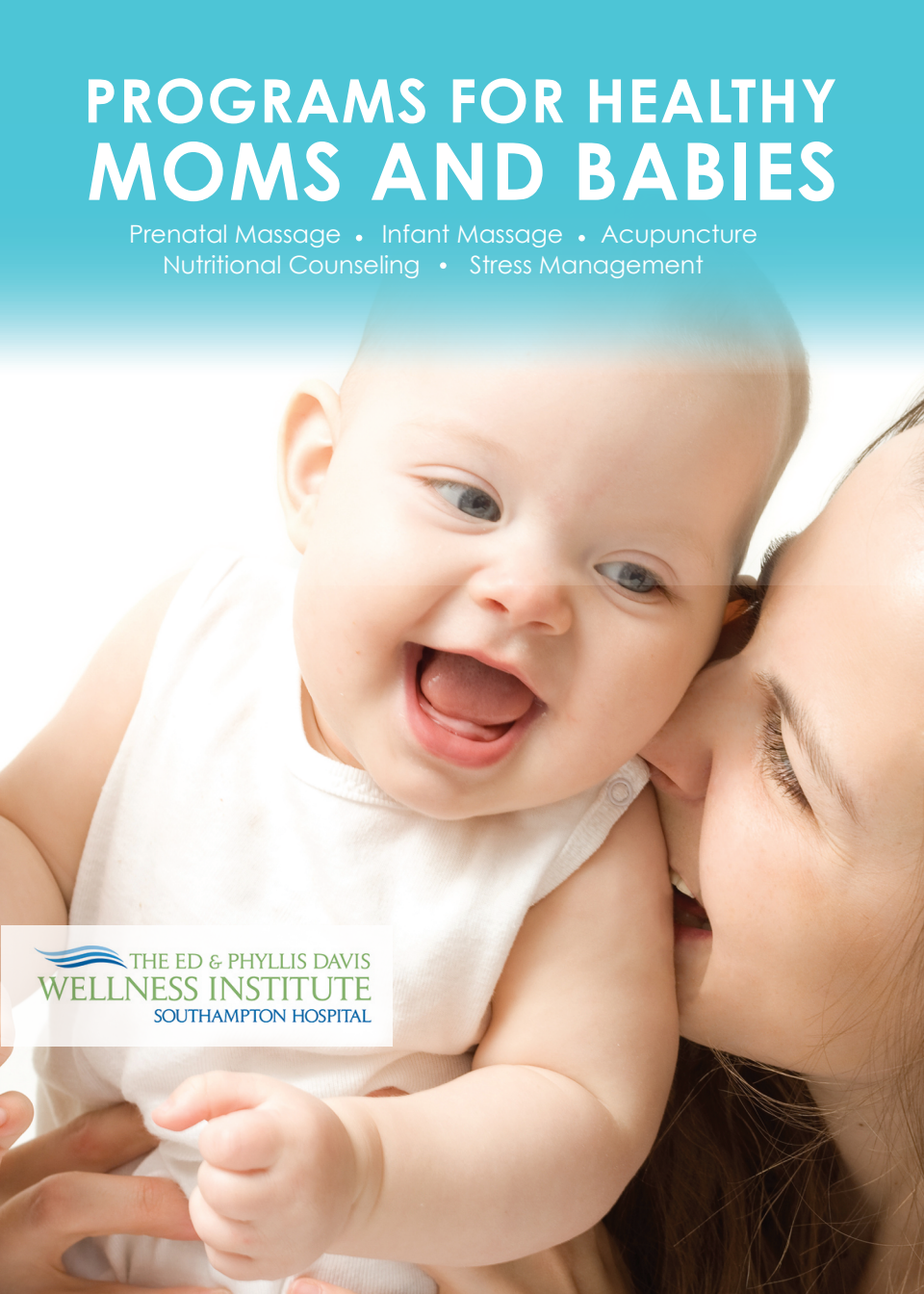
PROGRAMS FOR HEALTHY MOMS AND BABIES

Prenatal Massage • Infant Massage • Acupuncture
Nutritional Counseling • Stress Management



THE ED & PHYLLIS DAVIS
WELLNESS INSTITUTE
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PROGRAMS

Prenatal Massage

Massage Therapy is a recognized, effective treatment for many health conditions and provides numerous benefits during pregnancy including relief of sciatica, leg cramps, back pain, abdominal pressure and more. Our staff is fully licensed and certified in Pregnancy Massage. Medical clearance is required.

Infant Massage

Learn hands-on techniques to further the bond between infant and Mom. Classes are ongoing throughout the year. Instruction manual & massage oil are provided. We ask that moms bring a baby blanket to each session. Pre-registration is required. Individual sessions are available by appointment.

Nutritional Counseling

Registered Dieticians are available Monday through Friday to help you achieve your goals and stay healthy, both during and after your pregnancy.

Stress Management

Learn a variety of meditation and relaxation techniques to restore your sense of health and well-being. Individual and group classes available.

Call 631-726-8800 FOR APPOINTMENTS

Southampton Hospital 3rd Floor + Hampton Bays 38B Montauk Hwy