

nested

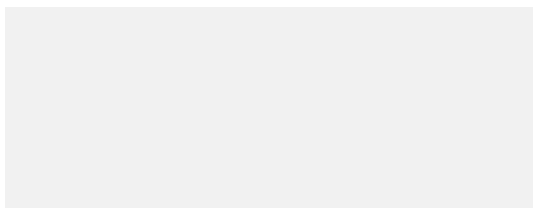
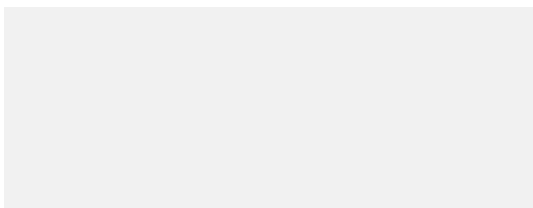


**BABY ON THE WAY?  
LEARN FROM THE EXPERTS!**

Nested's Newborn Care Boot Camp is an all-day comprehensive class that will prepare you for the moment your baby is born, including normal newborn appearance and procedures after delivery and in the nursery. From collection of cord blood, delayed cord clamping and assignment of Apgar scores, Nested takes you on a journey from the day of discharge through your newborn's first year of life!

Learn the ins-and-outs of newborn sleep, feeding, swaddling and diapering, and review the common signs of newborn illness. Taught by medical professionals from the award-winning OB-GYN practice Reiter, Hill, Johnson, and Nevin, spend the day prepping for your exciting new arrival alongside the Nested team!

[RESERVE](#)





## SUPPORT NESTED'S UPCOMING MISSION TRIP

Nested looks forward to participating in their third annual trip to Ecuador this April- PROJECT NIDO 2019 in an effort to provide pediatric medical care to dozens of indigenous children in partnership the PACH (Partners for Andean Community Health). In addition, adults and children alike will benefit from vision screenings, prescription glasses, wellness checks, and health education.

The patients treated during this upcoming trip have little or no opportunity to see a doctor. In addition, adults and children alike will benefit from vision screenings, prescription glasses, wellness checks, and health education.

Nested needs the support of their community to continue to serve those most in need, and graciously thanks you for any contributions for their upcoming efforts! Goal is \$6,000 (Currently \$2,300).

[DONATE](#)



## MEET NESTED GRADUATE AND RHJN NURSE PRACTITIONER, MICHELE!

Michele Disch is a Family Nurse Practitioner who has been working at RHJN for 2 years after moving to DC from Sacramento where she was working in an OB clinic. Her and her husband recently gave birth to their seven month old, Landon, and credit their time with Nested in making their transition to parenthood a smooth one!

*"Nested is not only a great resource for my patients, but was also a tremendous asset to my husband and me prior to the birth of our daughter. The classes and instructors truly are top notch and I could not recommend them more! Knowing that my patients are getting accurate information during such an important and often stressful time in their lives provides for a much more enjoyable labor, delivery and postpartum experience. Thank you Nidhi and the Nested team for providing such excellent, quality prenatal education!"*

[Learn More](#)

Stay Social with Nested!

