



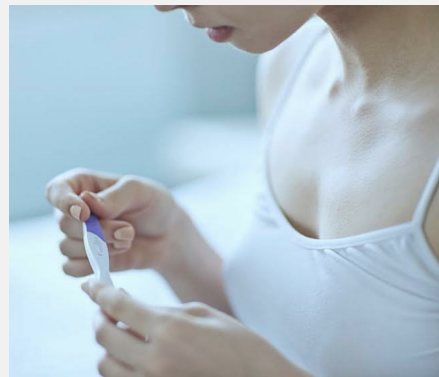
nested

*Did you know?  
Nestled was awarded as a "Top Parent Educator" in DC, Maryland, and Virginia!*



### **NESTED IS OFF TO ECUADOR!**

The Nested team is heading on their third annual trip to Ecuador this April! Under this mission, Nested will provide reading glasses to 300 indigenous Ecuadorians and pediatric medical care to dozens of children in partnership with FICUSPAM Ecuador and PACH (Partners for Andean Community Health). The patients treated during this upcoming trip have little or no opportunity to see a doctor, let alone a specialist. Adults and children will



### **TRYING TO GET PREGNANT?!**

Nested's Preconception 101 class is your one stop shop when it comes to learning the ins and outs of fertility and the conception process! This class provides an overview of female reproductive anatomy, hormones, health and common questions relating to conceiving. Taught by medical professionals, the Nested team will review issues related to diet, approved medications, high risk medical conditions, exercise and environmental

benefit from vision screening and 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! If you wish to attend the mission's fundraising event, please join us to help spread the word and purchase Alpaca blankets, sweaters and jewelry .

SUNDAY, 2/17 3:00 PM TO 7:30 PM  
CARLETON PARTY ROOM  
4550 NORTH PARK AVENUE CHEVY  
CHASE, MD 20815

[DONATE](#)

factors effecting fertility.

This class also reviews common infertility issues and the next steps to optimize conception. This is a perfect class for those that to learn in a casual environment where questions are encouraged in a safe space during this important step in parenthood.

[RESERVE](#)

**Stay Social with Nested!**

