

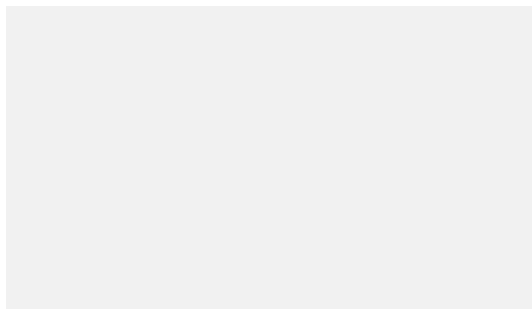
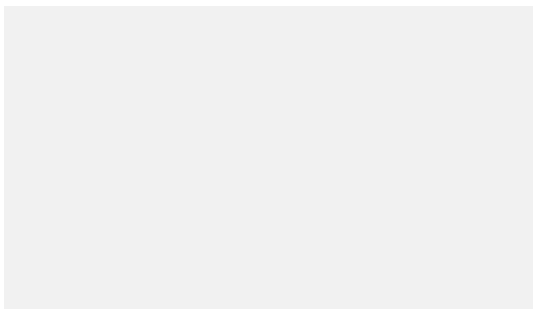
nested



**SPRING HAS SPRUNG AT NESTED!**

Nested's April 2019 class schedule is now open for enrollment! From preconception planning classes, featuring fertility best practices, to our childbirth education express, let Nested's award-winning medical professional instructors walk you through each phase of this new season in life, from conception, to childbirth, to breast feeding, to caring for your little one. Nested looks forward to heading to Ecuador this April and educating those abroad with Project Nido 2019, where they will be providing dental health education, reading glasses and women's health services to the indigenous population.

**RESERVE**





### **GIVE THE GIFT OF NESTED: THE PERFECT GIFT FOR ANY NEW PARENTS-TO-BE!**

Selecting a baby shower gift is never easy; ditch the registry and get creative with a gift card to Nested's Newborn Care Boot Camp! Give the gift of newborn care education, as Nested now offers gift cards that may be redeemed for any of their scheduled classes in a variety of denominations.

Whether labor and delivery, breast feeding basics, or infant CPR are of interest, Nested provides invaluable skills for the parents-to-be in the DC Metropolitan area. Purchase your gift card below!

[PURCHASE](#)



### **MEET NESTED GRADUATE AND RHJN MEDICAL ASSISTANT, BRYANNA!**

Bryanna Rather, a Medical Assistant at Reiter, Hill, Johnson, and Nevin, recently gave birth to baby Melody (above). Her and her boyfriend, two UVA graduates, recently took Nested's childbirth education class in anticipation for their newest bundle of joy to enter the world!

*"We both really enjoyed the Nested class. We both loved that it was inclusive to both mom and dad roles/expectations, and found the presentation to be super detailed. When I went into early labor the signs and symptoms outlined in class really came in handy." - Bryanna Rather*

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**Stay Social with Nested!**

