



nested

Nested salutes to women this week in honor of #WorldBreastfeedingWeek, and applauds all of the women who breastfeed, have breastfed, tried to breastfeed or pumped!



MEET NEW INSTRUCTOR, KAYLA KNAPP MAGE!

Nested is thrilled to announce Kayla as part of our team. She initially worked as a performing artist in theater and enjoyed the craft and working in collaboration and community. She gave birth to her first child in 2012, and was on the receiving end of compassionate, evidence-based prenatal care. This experience prompted a journey of self-reinvention that would lead her to a career in nursing. For four years, Kayla practiced as a DONA-trained Birth Doula and Postpartum Doula. In 2017, Kayla graduated with honors from The George Washington University School of Nursing. She currently works as a Labor & Delivery Nurse at MedStar Washington Hospital



NESTED TO OFFER CLASSES AT THE WASHINGTON, DC JCC!

Starting this September, Nested looks forward to offering its childbirth and newborn care education classes at the Washington, DC Jewish Community Center!

Nested continues to be invested in offering an engaging educational experience for parents in the DC metropolitan area. Unlike other private classes, the team of Nested instructors have advanced degrees and a combined experience of over 120 years, to include doctors, physician assistants, nurse practitioners, labor and delivery nurses, and reproductive health nurses. Nidhi Reva demonstrates Nested's dedication to promoting a casual and

Center. As a mother of two, it brings Kayla immense joy to share her knowledge, compassion, fears, and everything in between with parents-to-be!

non-judgmental learning environment for parents-to-be. This relaxed manner allows clients to share their fears, as well as affording them the opportunity to absorb the invaluable educational material for their new and exciting season of life!

RESERVE

Stay Social with Nested!

