



## **Baltimore Birth Festival Entertainment and Presentation Schedule**

May 21, 2023 from 10 a.m. to 3 p.m.

Patterson Park, Baltimore

### **Lower Stage Presentations**

10:15 am – 10:45 am

#### **Comfort Measures for Labor (Tips and Tools)**

Odile Penet & Kristie Graybill/Childbirth Ed Team, The Womb Room

11:00 am – 11:30 am

#### **Chiropractic for Birth and Beyond**

Dr. Pamela Woodward Terranova, First Step Chiropractic

11:45 am -12:15 pm

#### **Preparing to Feed Your Baby: Breast, Chest, Bottle – What’s best for you?**

Katy Linda, The Rumina Center

12:30 pm to 1:00 pm

#### **Preparing Your Pelvic Floor & Core for Pregnancy and the 4th Trimester**

Dr. Sam DuFlo, Founder/CMO of Indigo Physiotherapy

1:15 pm to 1:45 pm

#### **Postpartum Planning**

Deborah Bailey & Emily Pelton, Doulas of Baltimore

### **Pagoda Stage**

11:00 am – 1:00 pm

Live music by Mr. Jon

### **Festival Pathway**

11:00 am – 1:00 pm

Street magic by Eric Henning