



MAMA'S WELLNESS DAY

For Brown & Black Migrant Mamas in and around Leicester

Join us for a fun day with pregnancy-safe activities, meaningful conversations and a chance to connect with other black and brown migrants who look like you



WHAT TO EXPECT:

- Gentle Pregnancy-Safe, Dance/African Yoga Session
- Wellbeing talks led by Black doctors and midwives
- Practical birth preparation and active labour demonstrations
- Brunch & networking with other mums
- Goody bags filled with thoughtful wellness treats



13th December, 2025

Starts at 01:00pm



African Caribbean Centre

Maidstone Road, Leicester LE2 0UA

Send a message to **+44 7888 874057** via WhatsApp to book your slot

Very Limited Slots Available...

Personalised Pre-Postnatal care | @askmamadoc