



I'm not a robot

































Michelle Bevill, a massage therapist with the NMMC Wellness Center, discusses " Pregnancy is a transformative and exciting time. It can also be exhausting. This video shows you what happens during a I want to share some basic do's and don'ts for Open Circle RI offers relaxation for expecting moms. The Rhode Show is WPRI 12's daily lifestyle show for having fun, eating well,Â ... Many moms-to-be get backaches during pregnancy and labor. Watch a certified Claire Marie Miller teaches Swollen Leg Relief and Lymphatic Drainage Are you pregnant and feeling stressed or overwhelmed? Our latest video talks about the amazing benefits of Here's David's full sidelying routine in 20x speed! For bookings with our