



HAND to HOLD
Fragile Babies. Strong Support.

HAND to HOLD Discussion Series

Mind-Body Connection and Prematurity

Mind-body connection is the idea that our thoughts and emotions influence physical health. No where else in medicine is this concept more important than with a premature baby.

Dr. Jennifer Gunter will delve into the science behind the mind-body connection and how parents can use this important tool to help their premature baby reach his or her potential. She will provide valuable information about mind-body techniques, the benefit of support programs, and review the often-times underdiagnosed conditions of post-partum depression and post-traumatic stress disorder among parents.



Dr. Jennifer Gunter is an internationally renowned OB/GYN and leader in the field of women's pain medicine.

She is also the mother of three boys born extremely prematurely, two of whom survived. She is the author of The Preemie Primer, a comprehensive and practical resource for parents of premature babies to help guide them from pregnancy, through the NICU, to the toddler years and beyond.

Wednesday, June 23, 2010

7 pm – 9 pm

St. David's Conference Hall (basement)
919 East 32nd Street
Austin, Texas 78705

StDavid's | MEDICAL CENTER

Hand to Hold's mission is to provide support to parents whose child was born prematurely or with special health care needs by offering a comprehensive support program, resources and information to ensure the best outcome for babies and their families.

For more information, contact Kelli Kelley at kelli@handtohold.org
or call: **(512) 293.0165** or visit our site: www.handtohold.org



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