

# get your hands back!

[www.getyourhandsback.co.uk](http://www.getyourhandsback.co.uk)



**Tired of doing the housework one handed?**

**Fed up with negotiating busy shops with a pushchair?**

**Want to learn how to bond better with your baby?**

Come along to our babywearing group to meet other local mums and learn about the different ways you can wear your baby!

Place.....

Date.....

Time.....

We look forward to seeing you there!