

*Women's Education Life Learning @ Yale-New Haven Hospital  
Offers the following programs in your area:*

**PRENATAL**

**Dancing Thru Pregnancy®**

**New Haven**

300 George St. Rm 156 YNHH  
Tuesday & Thursday 5:30-6:30 p.m.  
688-9355

**Milford**

Fitness for Women/ Not Just Yoga: ShopRite Plaza  
Tuesday 5:45-6:45 p.m. & Sat. 10:45-11:45 a.m.  
Andrea Mullen  
203.878-9642  
[notjustyoga@usdata.net](mailto:notjustyoga@usdata.net)

**Guilford**

Shoreline Medical Center, Exit 59- I-95 N  
Monday & Wednesday 5:45-6:45 p.m  
Tracy Kleinberg  
203.688-9355  
***Yale University Paine Whitney Gym(not ours)***  
Tuesday & Thursday 12-1 PM  
Ann Cowlin: 203.481-2200 or 203.605-9044

**POSTPARTUM  
AfterDance**

**Milford**

Fitness for Women/Not just Yoga: ShopRite plaza  
Wednesday & Friday 11:30-12:30 PM  
Andrea Mullen  
203.878-9642  
[notjustyoga@usdata.net](mailto:notjustyoga@usdata.net)

**Guilford**

Shoreline Medical Center, Exit 59- I-95 N  
Wednesday & Friday 10:30 – 11:30 AM  
Tracy Kleinberg  
203.688-9355

***Yale University Paine Whitney Gym(not ours)***

Tuesday & Thursday 1:30 – 2:30 PM  
Ann Cowlin: 481-2200 or 203.605-9044