



# Better BedRest™

An Outreach Program For Pregnancies At Risk

For more information about this event or to contact our HELPLINE 24 hours a day

410.740.7662  
www.betterbedrest.org

Join Better BedRest and partner Howard County General Hospital for a Special Benefit Event

The Fifth Annual "Read and Rest" event, a special workshop and booksigning with **Dr. Brad Sachs**, nationally renowned psychologist and best-selling author



## Raising Children of Character from Birth to Young Adulthood

*An Interactive Evening With Dr. Brad Sachs*

**Thursday, April 23, 2009, 6:30 pm–9 pm**

**The Historic Oakland, 5430 Vantage Point Road, Columbia, MD 21044**

A light dinner will be provided. Limited Seating. No childcare. The event is free and open to the public. Reservations are required. Please RSVP to Diane@betterbedrest.org or 410-740-7662.

Founded in 1993, Better BedRest, Inc. is an advocacy, public awareness and volunteer-driven non-profit whose purpose is to provide assistance to pregnant women who are prescribed bed rest by their physicians or midwives. This annual event shines a light on a growing prenatal problem that affects over 700,000 women in America each year.

### THIS BENEFIT EVENT IS SPONSORED BY



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