



Dear patients of Kofinas Perinatal,

As you might already know, Kofinas Perinatal is integrating a Maternal Wellness Center into its practice to provide a more holistic approach to high-risk pregnancy treatment. Recent research has shown that anxiety during pregnancy increases the risk for pregnancy complications affecting both the mother and the unborn child. Our goal, therefore, is to empower expectant mothers to take care of their bodies *and* minds while minimizing stress throughout pregnancy.

Wellness services are provided on-site; they are voluntary, confidential, and available at no extra charge to our patients. **In order to provide the most effective and accessible services, we'd like your feedback. Please take a few minutes to fill out the following:**

1. Date: _____ Weeks into pregnancy: _____

2. Patient name: _____

3. Telephone/email: _____

1. Would you be interested in attending a short-term, weekly group with other Perinatal patients to learn stress-reduction techniques?

YES NO

2. If yes, generally what days/times work best for you? (check all that apply)

weekdays weekends
 mornings afternoons evenings

If you have any questions, please contact Kalli at wellness@kofinas.net or by calling 718.780.5610