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# WOMB INITIATIVE ANNUAL REPORT 2025

Prepared For:  
**Community, Funders, Partners, & Supporters**

Prepared By:  
**Kailene Jones, MPH Grants Committee Chair & Founding Board Member**  
Reviewed & Approved by WOMB Board of Directors





## BOARD OF DIRECTORS HIGHLIGHT

"This year, The Womb Initiative prioritized team building and strategic planning among our grassroots Board of Directors and budding committees, continuously equipping them with the tools and vision necessary to guide the organization toward long-term sustainability. While continuing to provide vital resources like a new Mamas Circle for pregnancy & postpartum support, several gatherings/classes like game night and pelvic floor workshop, and launching the NCMN/WOMB Nursing Nook for breastfeeding/caregiving support at community events, We also laid the groundwork for future initiatives by nurturing new and current partnerships. These efforts position us to ensure lasting impact for women and families in our region for generations to come."



# WOMB INITIATIVE

## INTRODUCTION

*The path to motherhood changes us, and no woman should have to navigate this journey alone.*

### OUR MISSION

Our mission is to empower and enrich the lives of women from all walks of life through information, resources, and community, during the journey into and through every stage of motherhood. We offer education and safe space for women to learn, grow, and heal through the following topics:

### OUR VISION

That pregnancy, labor, birth and the postpartum are honored and respected as pieces of a sacred journey.

### WHAT WE DO

We offer education and safe space for women to learn, grow, and heal through the following topics:

- **Pregnancy & Birth**
- **Postpartum & Breastfeeding**
- **General women's health topics (pre-conception, pelvic floor health, fitness, nutrition, stress management, menopause, & more!)**
- **Circles & Gatherings (Mom's Night Out!, Birth Stories, Pregnancy Loss, Breastfeeding Support, etc.)**
- **Community Projects & Collaboration (Nursing Nook & North Country Maternity Network)**
- **Doula Community Development (Training & Continuing Education)**

*You're on a journey like no other, and WOMB Initiative is here to support you throughout the whole process. We're known for holistic information and research that will help you gather vital resources for your journey into and through motherhood and/or birthwork!*



# WOMB INITIATIVE OUR STORY

The Women of the Mountains Birth Initiative (WOMB) was founded in 2021 by a group of passionate individuals committed to increasing access to personalized, unbiased perinatal information, resources, and emotional support that gently guide women during the journey into and through motherhood. The catalyst to founding WOMB was the feedback from several local mothers who transitioned from hospital care to midwifery care during the pandemic repeatedly stating that the comprehensive information they received about the entire perinatal experience during midwifery care should be delivered to everyone regardless of their place of birth, risk assessment or income.



2025

## Nurturing Growth & Healing

WOMB's volunteer working Board of Directors and volunteers have spent 2025 remaining consistent in our offerings and building essential partnerships to sustain our offerings for years to come. Our Nursing Nook traveled to about 20 community events and is already being reserved into 2026!



2026

## Capacity Building for Sustainability

WOMB will utilize our SMART goals and SWOT analysis to identify actions necessary to prepare WOMB for its next stage of growth. WOMB's Grants Committee will be transitioning into an overall Funding Committee to enhance fundraising efforts into 2026.



2027

## Operationalize & Collaborate

WOMB is eager to prepare for the onboarding of an experienced Executive Director to help the nonprofit succeed for many years into the future. As the WOMB board transitions from a volunteer working board to a strategic board it will be key to collaborate and steward the essential partnerships throughout the communities of northern NH and northeast kingdom of VT. We hope to build the foundation for change to improve the lives of mothers, children and families for generations to come.



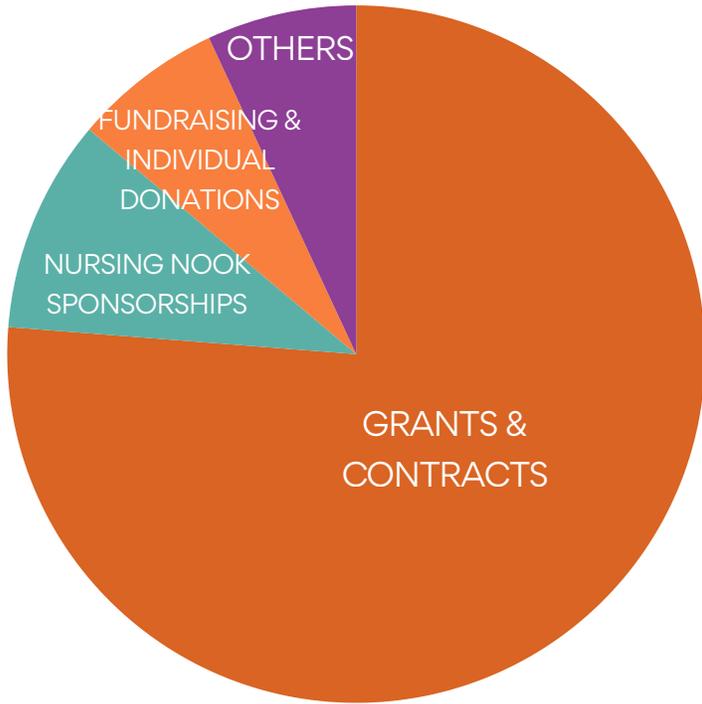
BEYOND



# WOMB INITIATIVE 2025 FUNDING



## Top Financial Contributors



77 % Grants & Contracts

10 % Nursing Nook Sponsorships

7 % Fundraising/Individual Donations

7 % Others

THANK YOU  
Northumberland Osji

The Women of the Mountains Birth Initiative would like to extend a heart felt THANK YOU for your gift card donation through the close to the heart program in March.

As we kicked off the summer season, it helped us purchase on-the-go, in-a-pinch, and practical/replacement supplies for our Nursing Nook/Changing Space. We appreciate your support and value the resources your store provides to us, our rural area and the families from all walks of life we both serve!



## Thank you 2025 top contributors!



The Neil & Louise Tillotson Fund



# WOMB INITIATIVE



## REGIONAL REACH PLACES SERVED

The WOMB Initiative was born out of the growing need of women throughout different points during their pregnancy, labor, birth and postpartum seeking support and information about procedures, choices, and the journey of motherhood.

# 350+

Women and families reached since inception

### Regional Impact

We, in the North Country of NH, all know that you wouldn't climb a mountain without a backpack full of resources. We at the WOMB Initiative feel that your perinatal time should be viewed as a journey into and through motherhood, and you shouldn't be empty-handed.

We are committed to helping by filling your metaphorical backpacks full of resources for your journey. We aspire to serve young maidens, new and experienced mothers, and those who are in their wise years.

### COMMUNITY OUTREACH

WOMB has served women and families from all walks of life across several regions throughout the North Country of NH and Northeast Kingdom of VT, even reaching doula students from Central MA in 2024! This years data below is reflective of the areas served via our nursing nook throughout 2025.

#### North Country of NH (Coos & Northern Grafton Counties)



#### Northeast Kingdom of VT (Essex, Orleans, Caledonia)



#### Other communities (Nook traveled to Concord twice in 2025!)



# WOMB INITIATIVE PROJECTS



## POP-UP NURSING NOOK & CHANGING SPACE EXPANSION



**17  
COMMUNITY  
EVENTS  
ATTENDED  
&  
OVER 75  
FAMILIES  
REACHED**

Just wanted to shout out WOMB Initiative for the pop up nook, it was beyond helpful!

THANK YOU! 🌞

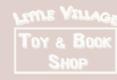
-[Siobhan Smith](#) @ Mount Washington Regional Airport 2025 Airshow

CAC COLOR RUN JULY 2025



Gorham 4<sup>th</sup> of July Celebration

## THANK YOU 2025 COMMUNITY SPONSORS & PARTNERS



WOMB distributed over 40 FREE Breastfeeding/infant feeding milestone pins in 2025 thanks to a grant from the Rotary Club of Lancaster, NH!



SCAN TO BECOME A 2026 SPONSOR!



**"I underestimated the difficulty of breastfeeding"-  
New Mother**

View Full Nursing Nook Report Here:

[www.wombinitiative.org/nursingnook](http://www.wombinitiative.org/nursingnook)

# WOMB INITIATIVE PROJECTS



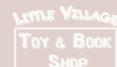
## POP-UP NURSING NOOK & CHANGING SPACE EXPANSION

17 COMMUNITY EVENTS ATTENDED  
&  
OVER 75 FAMILIES REACHED



Lancaster Farmers Market 2025

## THANK YOU 2025 COMMUNITY SPONSORS & PARTNERS



SCAN TO  
BECOME A 2026  
SPONSOR!



Lancaster Fair 2025

"I just wanted to say THANK YOU for the beautiful nursing tent at Lancaster Fair. So grateful for your organization for providing such a beautiful and thoughtful space for parents like me. Thank you for all the work that you do!"-Local Mother



View Full Nursing Nook Report Here:  
[www.wombinitiative.org/nursingnook](http://www.wombinitiative.org/nursingnook)

# WOMB INITIATIVE PROJECTS



## PHOTOVOICE ROADSHOW PILOT

### Photovoice Community Project

WOMB is proud to be the Community Partner of a community-based research project which is using Photovoice and participatory action research (PAR) to achieve its objectives. Photovoice is a qualitative research process through which people with lived experience of a challenge represent their lives, points of view, and experiences through photographic practice. PAR shifts the focus of knowledge to participants, improving the effectiveness of solutions by incorporating expert, lived perspectives and empowering participants to make change in their communities.



### Key Themes

Participants-researchers.

1. Make compromises and find creative solutions while making decisions about maternity care by balancing quality and access,
2. Experience a mismatch between needs/preferences and services available,
3. Feel unheard and actively advocate for their preferred maternity care,
4. Experience isolation especially in the postpartum period and during pregnancy loss, and;
5. Thriving in motherhood and building resilience even in the face of challenges



New England Rural Health Association Fall Conference



Contact [kailene@wombinitiative.org](mailto:kailene@wombinitiative.org) to schedule a presentation or gallery opening in your community. See full virtual exhibit here: [www.wombinitiative.org/photovoice](http://www.wombinitiative.org/photovoice)

### Project Funders/Supporters



# WOMB INITIATIVE PROJECTS



## PHOTOVOICE ROADSHOW PILOT

### Maternal Health Summit



### Birth Time Event



### Dartmouth Health Gallery Opening



Contact [kailene@wombinitiative.org](mailto:kailene@wombinitiative.org) to schedule a presentation or gallery opening in your community. See full virtual exhibit here: [www.wombinitiative.org/photovoice](http://www.wombinitiative.org/photovoice)

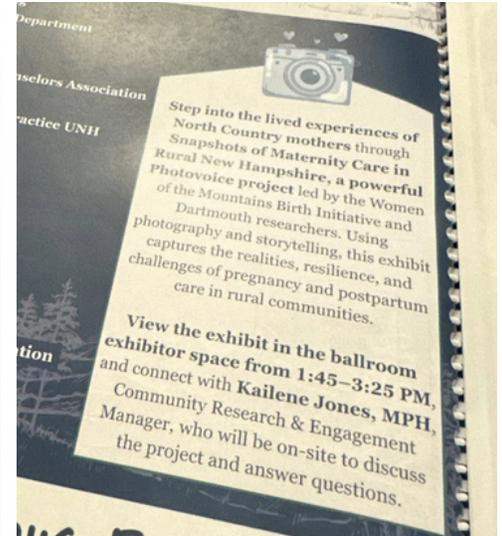
### Project Funders/Supporters



# WOMB INITIATIVE PROJECTS



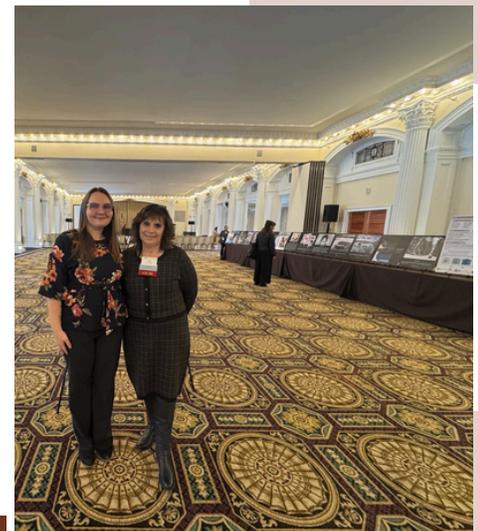
## PHOTOVOICE ROADSHOW PILOT



**NCHC Rooted in Resilience Public Health Conference**



**Northern New England Perinatal Improvement Network Fall Conference**



Contact [kailene@wombinitiative.org](mailto:kailene@wombinitiative.org) to schedule a presentation or gallery opening in your community. See full virtual exhibit here: [www.wombinitiative.org/photovoice](http://www.wombinitiative.org/photovoice)

### Project Funders/Supporters



# EVENING OF EVENTS

## Community Screening of Birth Time: The Documentary & Photovoice Exhibit-Snapshots of Maternity Care in Rural NH FOLLOWED BY BUILDING YOUR VILLAGE PANEL DISCUSSION



# EVENING OF EVENTS

Community Screening of Birth Time: The Documentary & Photovoice Exhibit-Snapshots of Maternity Care in Rural NH  
THANK YOU TO ALL WHO SPENT THE EVENING WITH US!



THANK YOU!!!



# WOMB INITIATIVE

## EVALUATING IMPACT



### WOMB BIRTH TIME SCREENING

*Hosted by WOMB Board of Directors*

**In September 2025**, WOMB hosted an evening of enrichment that featured a photovoice exhibit of stories from local women accessing maternity care throughout the north country, a screening of the documentary Birth Time exploring the systemic challenges we face globally, and a local panel discussion around how to "build your village" as you enter and navigate every season of motherhood.

WOMB welcomed more than 30 community members to the Evening of Events, which included the Photovoice Exhibit, Nursing Nook accommodations and tours, and opportunities for connection and reflection. At least 25 attendees remained for dinner, documentary screening, dessert, and a community discussion focused on reimagining how we bring life into the world—centering dignity, empowerment, and collective responsibility in the maternity care experience!

#### **Are there specific systems-level changes or policy areas you think should be explored further based on what you saw?**

- Stop making birth a medical procedure unless it is the only option.
- Figuring out even though it would be difficult how to help mothers feel more heard or seen on their decisions for their children.
- Urgent need for increasing rural maternity care
- Helping hospitals become more client driven and less locked into arbitrary policies.
- Substance misuse support and services
- Absolutely. Our dwindling birthing units around the state is what contributes to folks having to travel so far to get any sort of pregnancy care.
- Yes, I think we need to help mothers understand their options. They need to know their voice is heard and their pregnancy belongs to them.

**"It helped me understand the meaning of motherhood more deeply."**

**"Pregnancy & childbirth (vaginal AND Cesarean) are the height of the human experience."**

**"I felt included, supported and celebrated."**



# WOMB INITIATIVE PROJECTS



## MAMAS CIRCLES: PREGNANCY & POSTPARTUM SUPPORT

The North Country coalition developed a Mama Circles managed by WOMB to be hosted bi-weekly on the 2nd and 4th Fridays of each month, based on responses from an initial planning survey (n=9). We maintain a consistent circle in Littleton on the 2nd Friday, while rotating locations throughout Coös County on the 4th Friday to increase accessibility for families across the North Country.

Attendance has varied significantly, with some sessions drawing several families and others only support staff.

### Attendance by session:

- a. July 11, Littleton: 1 mother/toddler dyad, 1 support worker
- b. July 25, Lancaster: 5 mothers/families (3 infants), 1 support worker
- c. August 8, Littleton: 2 mothers/families, 1 support worker
- d. August 22, Colebrook: 0 mothers, 1 support worker
- e. September 12, Littleton: 1 mother/toddler dyad, 1 support worker
- f. September 26, Lancaster: 2 mothers, 1 toddler, 3 support workers



A success of the project was strengthened partnerships with Ammonoosuc Community Health Services (ACHS)'s Food as Medicine Teaching Kitchen & Early Childhood Development CHW program, Family Resource Center Family Support Workers, and the Doula Connect team at NCHC to help co-host events and highlight their services. The coalition believes this collaborative approach will continue to help draw participation and provide families with practical tools and resources with better marketing of the resources being featured.



### Project Funders/Supporters



# WOMB INITIATIVE

## OFFERINGS & PEOPLE SERVED



### Circles & Gatherings

January 18th - Moms Night Out-GAME NIGHT!

5 served

February 15th- Pregnancy/Infant Loss Support Circle

2 served

March 15th- Birth Stories Circle

6 served

April 19th- Moms Night Out-Brewery Style

3 served

May 17th- Breastfeeding Support Circle

3 served

June 21st-Sustainable Childrearing Class

3 served

July 19th-Moms Night Out- Summer Picnic

5 served

August 16th-Birth Stories Circle

3 served

September 19<sup>th</sup>- Photovoice Exhibit, Birth Time Screening, & Building Your Village Panel

35 attended

October 18th-Pelvic Floor Workshop

2 served

November 15th- Moms Night Out- Happy Holidays

3 served

December 20<sup>th</sup> - Mother the Mother Blessing Exchange

5 RSVPd

**WOMB STRENGTHENED PARTNERSHIPS AND MADE AROUND 100 SACRED CONNECTIONS TO MOTHERS, FAMILIES, AND BIRTH WORKERS IN 2025!**



# BOARD OF DIRECTORS

The Women of the Mountains Birth Initiative is a group of passionate mothers from all walks of life working to support other mothers through pregnancy, postpartum, and beyond as we improve our access to resources, information, and community throughout the entire journey of motherhood.



**Heather LeFoll, Birth Doula**  
 Board Chair  
 Mother of 7 and Experienced Labor Doula and Prenatal Mentor  
 District Supervisor at Northumberland Ocean State Job Lot with 10+ years' experience in customer service, leadership, and administration.  
 Maidstone, VT



**Dr. Cherie Wilson**  
 Rising Treasurer  
 Mother of 4. Chiropractor at North Country Chiropractic  
 Chiropractic care for pregnant moms, babies, children and their families.  
 Saint Johnsbury, VT



**Kailene Jones, MPH**  
 Grants Committee Chair  
 Founding & Voting Board Member  
 Mother of 3 and Project Specialist at Public Health Council of the Upper Valley  
 8+ years' experience in grant writing, project coordination and management  
 Stark, NH



**Dr. Erin Samel**  
 Voting Board Member  
 Mother of 4. Pelvic and orthopedic physical therapist  
 Berlin, NH



**Jessie Ingerson**  
 Voting Board Member  
 Mother of 1 angel baby, 1 rainbow baby, and two bonus boys,  
 School Teacher at Heartwood Public Charter School  
 Jefferson, Nh



**Natanya Champney, CPM, CM, LM**  
 Founder & Voting Board Member  
 Mother of 3, Certified Professional Midwife  
 Clinical Director/Midwife at The Addice Birth Center The Woodlands, TX  
 Former Owner of As it Was Midwifery  
 Littleton, NH

## Thank you for your service Past Board Members:

- Wendy Jordan, BS, IBCLC
- Skye Champagne
- Eleana Sussman, BA
- Debbie Mardin, BS
- Heidi Vaughn
- Ashley Winters, M. Ed
- Nikki Wilds
- Allysia Guy-Morrison, MD, RDMS
- Simone Cote
- Meredith Bienvenue
- Sarah Emberly Moekel
- Taylor Imhoff

## Welcome Newest Board Member!



**Micheala Tomko,**  
 Voting Board Member  
 Mother of 1, Trained in Intuitive myofascial therapy and bodywork.  
 Owner of Sacred Hearth Healing  
 Lancaster, NH/Maidstone, VT



# MANY THANKS TO YOU



## Taylor Imhoff, DONA Birth Doula

Former Board Secretary/Current Doula  
Committee Chair

Mother of 3 and DONA International trained Doula  
Over 8 years of experience in corporate and adult education  
and professional development  
Bedford, NH

Dear Taylor,

On behalf of The Women of the Mountains Birth Initiative, we want to extend our deepest gratitude as we celebrate your service as our Secretary and welcome you into your new role as Doula Committee Chair.

As a group of passionate mothers from all walks of life, we are united by our shared commitment to supporting other mothers through pregnancy, postpartum, and beyond. Your leadership, compassion, and dedication have strengthened that mission in so many ways. Your steady presence as Secretary has kept us grounded and organized during a season of tremendous growth, and your thoughtful voice has shaped conversations that truly matter for the mothers we serve.

Stepping into the Doula Committee Chair role feels like a natural extension of your heart for this work. You bring lived experience, wisdom, and a deep belief in the power of women supporting women. We know this committee will thrive under your leadership and that the doulas who join us will be guided by someone who embodies both strength and empathy.

Thank you for everything you've poured into WOMB so far—and for everything you'll help build in this next chapter. We are so grateful for you, Taylor, and so excited for what's ahead.

With appreciation and warmth,

The Women of the Mountains Birth Initiative Board of Directors



# WOMB INITIATIVE

## BOARD ENRICHMENT & ENGAGEMENT



WOMB's Board of Directors spent 2025 remaining consistent, training, and building capacity for our future with the help of women from all walks of life.

We are pleased to share the beautiful growth WOMB has experienced this year through consistency, board training, and dedication from all members of our board.

### 01. Strategic Planning

We are excited to build on the consistent growth WOMB has experienced in 2025. We are eager to welcome and orient, several new board & committee members, as we make the transition to a more structured governance model led by established Board Chair, Heather Lefoll & forthcoming Funding Committee Co-Chair, Kailene Jones.

### 03. Community Collaborations

WOMB strengthened relationships with partners of the North Country Maternity Network, New Hampshire's Perinatal Quality Collaborative, NNEPQIN, Service Credit Union, and The Dartmouth Institute through the Photovoice Project and and 2025 Breastfeeding Initiative/Nursing Nook expansion.

### 02. NH Grants Institute

WOMB sent founding Board Member, Kailene Jones to the NH Grants Institute in July 2025. This NH Center for Nonprofits sponsored training gave her tools, insights, and confidence to bring to the current Grants Committee Chair position she was appointed to in late Fall 2024, transforming into the Funding Committee as of December 2025.

### 04. 3rd Annual Board Retreat & SWOT Analysis

In June 2025, the board explored how WOMB can maintain continuity and momentum by establishing a structured onboarding and mentorship process for incoming members, emphasizing the importance of preserving institutional knowledge while welcoming fresh perspectives.

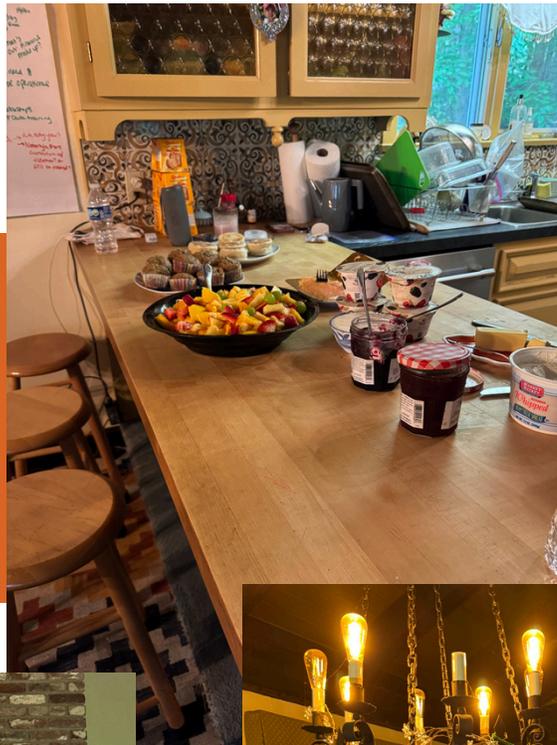
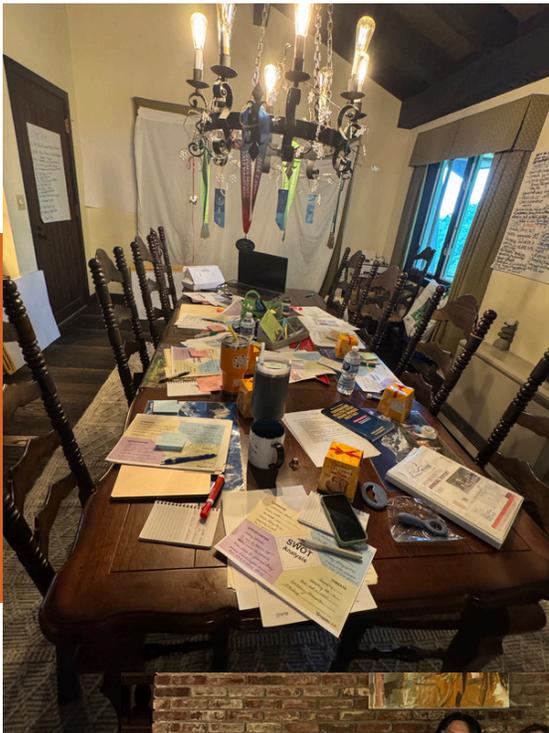


# WOMB INITIATIVE

## STRATEGIC BOARD RETREAT



The Women of the Mountains Birth Initiative (WOMB) is committed to improving maternal health outcomes, expanding breastfeeding support, and creating economic opportunity for women in the North Country and Northeast Kingdom. Our retreat reaffirmed the community's growing trust in WOMB as a vital, grassroots maternal health initiative rooted in lived experience, volunteerism, and collaboration. The Board committed to intentional, mission-aligned growth that balances innovation with operational resilience. We are now actively advancing partnerships across the North Country and Northeast Kingdom and deepening our engagement with maternity networks, public health collaboratives, and community-based service providers.



# WOMB INITIATIVE

## SWOT ANALYSIS



WOMB's Board of Directors held a highly productive Strategic Board Retreat in June 2025, during which we completed a comprehensive SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis. This process allowed us to clarify our organizational identity, assess capacity gaps, and define a roadmap for both short- and long-term growth. As a result, we established actionable SMART goals focused on strengthening outreach, formalizing governance, expanding direct services like the Nursing Nook, and building the infrastructure necessary for leadership transition and sustainability.



### S

#### Strengths

- Passionate/committed BOD/human capital (over 120 years experience in mothering and maternal child health)
- Safe space for community
- Peer support (evidence-based practices)
- Community-based/grassroots
- Brand recognition
- Partners/relationships
- Tangible supports for clients (nursing nook, gatherings, support groups, classes, etc.)

### W

#### Weaknesses

- Inconsistent social media posting/engagement
- Geographical access challenges for service area/clients
- Capacity for Governance structure refinement

### O

#### Opportunities

- Nursing Nook(s)
- Increased innovation in services for adverse birth experiences
- Funder relationship building
- Suggested donations/sliding fee scale for programming

### T

#### Threats

- Political Environment
- Funding environment
- Misperceptions of holistic/grass roots birthing practices
- Bias among perinatal providers
- Language and culture of clinical vs. holistic (stigma)

# COMMITTEES 2026



The Women of the Mountains Birth Initiative is excited to launch our newly established committees as we approach a busy 2026 season! Please reach out to [info@wombinitiative.org](mailto:info@wombinitiative.org) to volunteer or sign up on our website at the link/qr code below.

## FUNDING COMMITTEE

**Kailene Jones, MPH**

Funding Committee Co-Chair  
Grants & Strategic Partnership Specialist

**Dr. Cherie Wilson**

Treasurer/Funding  
Committee Co-Chair

**Rachel Flint**

Grant Writing Support

## PROGRAMS COMMITTEE

**Dr. Erin Samel**

Programs Committee Chair

**Chris Roberge**

Committee Member

**Lisa Lamountain**

Committee Member

## DOULA COMMITTEE

**Taylor Imhoff, DONA Birth Doula**

Doula Committee Chair

**Karen Olivier**

Committee Member

**Heather Lefoll**

Committee Member/Board Chair

## NURSING NOOK COORDINATION COMMITTEE

**Kailene Jones, MPH**

Funding Committee Co-Chair  
Grants & Strategic Partnership Specialist

**Natalie Marquis**

WOMB Trained Doula/Nursing Nook Volunteer

**Heather Lefoll**

Committee Member/Board Chair



SCAN TO EXPLORE JOINING A COMMITTEE OR GENERAL  
VOLUNTEER OPPORTUNITIES



[WWW.WOMBINITIATIVE.ORG/OUR-TEAM](http://WWW.WOMBINITIATIVE.ORG/OUR-TEAM)





## Empowering Mothers, Enriching Lives

WOMB is eager to jump into 2026 with big plans to support women, families, and birth workers from all walks of life. If you would like to volunteer with the Board of Directors, Committees, Nursing Nook, Doula community, Photovoice, or anything else related to WOMB please email or call us at the information below!

## MORE ABOUT US

WOMB is honored to host gatherings on the third Saturday of each month at our central office space on Cottage st. We currently do not have office hours unless otherwise posted online or the nursing nook sign is on the lawn. Please contact the Board of Directors at the information below with any questions or suggestion as we grow into the future!



Phone

**877-357-WOMB**



Email

**info@wombinitiative.org**



Website

**www.wombinitiative.org**



Office Address

**74 Cottage st suite 4  
Littleton, NH 03561**

# The Women of the Mountains Birth Initiative

Join us for a WOMB gathering/circle/class  
every 3rd Saturday in 2026!



January 18th - Moms Night Out-GAME NIGHT!	6-8 pm
February 21st- Pelvic Floor Workshop	10am-noon
March 21st- Birth Stories Circle	10am-noon
April 19th- Moms Night Out-Postpartum Pizza	6-8 pm
May 16th- Sustainable Childrearing Class	10am-noon
June 21st-Doula Meet & Greet	TBD
July 18th-Moms Night Out- Summer Picnic-Cooking School	4-8pm
August 15th-Birth Stories Circle	10am-noon
September TBD- Community Awareness Dinner	TBD
October 17th-Pregnancy Loss Circle-Grieving from Within	10am-noon
November 21st- Moms Night Out- Happy Holidays	6-8pm
December 19th- Mother the Mother Blessing Exchange	10am-noon

**NEW TO 2026!**  
FIRST FRIDAY DOULA DINNERS STARTING IN FEBRUARY! & CONTINUED IN MARCH, MAY, JUNE, AUGUST, OCTOBER, NOVEMBER & DECEMBER

2/6/26  
3/6/26  
5/1/26  
6/5/26  
08/7/26  
10/2/26  
11/6/26  
12/4/26



RSVP at the link below or code to the right.  
If you require childcare or transportation to join us,  
please email [info@wombinitiative.org](mailto:info@wombinitiative.org)

**RSVP**



More offerings & details to be added consistently at  
[www.wombinitiative.org/eventpage](http://www.wombinitiative.org/eventpage)  
Location: 74 Cottage St Littleton, NH 03561