

Maternity Leave Update

May 2025: The sun has been shining, the temperatures are warming up, and I'm ready to emerge from "newborn hibernation".



We welcomed our second son, **Kieran Conrad Geoffrey White** on March 5th at 6:24 pm weighing in at 5-lbs 15-oz.

We are all doing well and are adjusting to our new family of four. Life is busy, but I am so thankful for this little guy, and having this time with him. Nolan absolutely adores his new baby brother.

My Return

I will be working a few dates in May and June.

In July, my plan is to return part-time, working 3 days a week and slowly introducing more times throughout the rest of the year. Spaces will be limited, so please book your preferred day/time online or email.

I look forward to seeing you all very soon!

Contact:

Emily Berridge, R.M.T. 518 Brant Street Burlington, Ontario L7R 2G7

P: 905.631.0487 • E: emilyberridgermt@gmail.com • W: emilyberridgermt.ca © 2025 Emily Berridge, R.M.T. Registered Massage Therapist