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## Women, family health center to open Oct. 2



Root and Sprout is opening at 107 Otis St. in Northborough on Oct. 2.

BY ZACHARY COMEAU

Root and Sprout, a fitness and wellness center for new and expecting mothers and their children, is opening in October after signing a lease for 10,340 square feet in a Northborough building.

In a press release, commercial real estate brokers Greater Boston Commercial Properties, Inc., announced that the company will be leasing 10,340 square feet of space at 107 Otis St.

Set to open Oct. 2, the wellness studio will offer services for pregnant and postpartum women, body-positive fitness classes, and programming for children.

Founder Bobby Mard in a press release called the facility a "true all-in-one destination for any woman who wants to take control of her health and wellness" that offers childbirth classes and pediatric sleep consultants, among other programs.

Registration for classes is now open via the center's website.