

NATURAL CHILDBIRTH CLASSES

February 23rd - March 22nd

Tuesdays 6-8pm

With Certified Professional Midwives

Topics Covered

Natural Physiological Birth

Benefits of Natural birth for mom and baby

Stages of labor and comfort measures for each

Fears surrounding birth

Interventions

How to protect your birth experience

Encouraging labor naturally

Natural Pain relief

Birth plans

Bonding with your baby

Newborn care and procedures

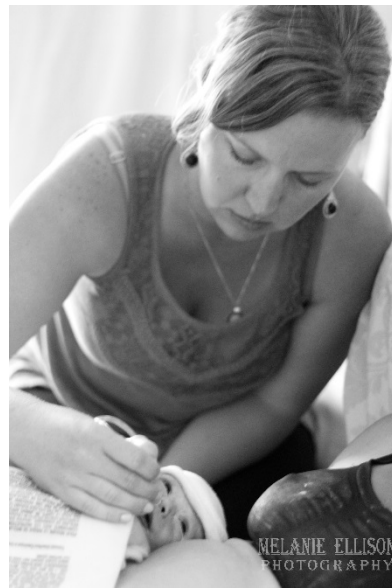
Initial breastfeeding and latch

Protecting the 4th trimester

...and so much more!

Herbal tea and snacks provided

Discounts for single moms and sliding scale available.



Beka Blythe RM, LM, CPM

and

Annie Rotondi RM, LM, CPM

\$200 per couple

1911 Main Ave Durango

970-769-0134 or 970-749-4497

