

# Trusting Our Bodies

Natural Birth Prep



## Childbirth Classes

### 3 Sessions

The Natural Birth Prep - Birthing Again Refresher course is a perfect childbirth series for couples needing a last minute childbirth class (due before February 10<sup>th</sup>) and for mothers and their partners who need a childbirth class refresher.

These classes are designed for expecting mothers and partners looking for techniques to birth naturally while preparing them for birth that may require medication, interventions and even surgical birth (cesarean).

The Y in Pasadena

26 Magothy Beach, Pasadena, MD (Anne Arundel Co.)

Tuesday, November 28<sup>th</sup> 7-9pm

Thursday, November 30<sup>th</sup>, 7-9pm

Thursday, December 7<sup>th</sup>, 7-9pm

[www.JessicaBirthDoula.com](http://www.JessicaBirthDoula.com)

Email: [Info@JessicaBirthDoula.com](mailto:Info@JessicaBirthDoula.com) to sign up today before this class fills up!