

EMPOWERED BIRTH CHOICES

Natural Childbirth Preparation Classes

Cultivate Trust In Birth. Make Informed Choices.

For Pregnant Women & Partners

ABOUT THE 4 WEEK SERIES OF BIRTH PREPARATION CLASSES

Childbirth education today is much more than learning how to breathe. In these classes, pregnant women and their partners will cultivate trust in birth, increase confidence to cope with labor and to provide comfort measures during birth. They will also learn about birthing options and become empowered to make informed choices.

- ◆ Class One: Understanding Birth
- ◆ Class Two: Coping with Labor
- ◆ Class Three: Making Informed Choices
- ◆ Class Four: Postpartum, Breastfeeding & Newborn

Taught by

Cordelia Hanna-Cheruiyot

MPH, CHES, ICCE, CLE, CBA

Masters in Public Health (MPH) in

Health Education & Promotion/Maternal Child Health

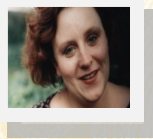
Certified Health Education Specialist

Certified Childbirth Educator

Certified Lactation Educator

Certified Birth Assistant & Midwife Assistant

23 Years Experience



Natural Childbirth Preparation Classes for
Hospital, Birth Center or Homebirth

Registration & Information:

626.388.2191

Email:

Support@wholisticmaternalnewbornhealth.org

Web:

<http://wholisticmaternalnewbornhealth.org/parent-support/childbirth-education-group/>



CALL FOR SCHEDULE OF UPCOMING 4-WEEK SERIES
Classes are held in Highland Park and Santa Monica

Fee: \$350.00 per couple (includes materials) Medi-Cal Discounts Available
http://www.losangelesbirthpartners.com/classes/empowered_birth_choices.html



Offered By:



The Association for Wholistic Maternal and Newborn Health
Promoting Mother-Baby Friendly Maternity Care

Maternal-Child Health Education, Training, Consultation and Support