



## HEALTH NET COMMUNITY DOULA PROGRAM

**PRESENTS**

# *Empowered Birth Choices*

**4-WEEK SERIES OF CHILDBIRTH PREPARATION CLASSES**

*Free of Charge and Open to All Pregnant Women & Persons with Medi-Cal.*



**Saturdays, September 7, 14, 28 & October 5, 2019**  
**10:00 am to 1:30 pm**

Health Net Community Doula Program  
3655 S. Grand Ave. Suite 260, Los Angeles, CA 90007

ADVANCE REGISTRATION REQUIRED BY SEPTEMBER 5. HOW TO REGISTER:  
Call: (626) 388-2191 ext. 2 or Email: [Debbie.Benton@motherbabysupport.net](mailto:Debbie.Benton@motherbabysupport.net)