



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, November 2, 9, 23 & 30
(No Class November 16)
10:00 am to 1:30 pm

Location:

Health Net Community Doula Program
Childbirth Support for African-American Families
3655 S. Grand Ave. Suite 260, Los Angeles, CA 90007

ADVANCE REGISTRATION REQUIRED BY OCTOBER 31. HOW TO REGISTER:
Call: (626) 388-2191 ext. 2 or Email: Debbie.Benton@motherbabysupport.net