EMPOWERED BIRTH CHOICES
Natural Childbirth Preparation Classes
Cultivate Trust In Birth. Make Informed Choices.

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 in Health Education & Promotion/Maternal Child Health
Certified Childbirth Educator
Certified Lactation Educator
Certified Birth Assistant & Midwife Assistant
22 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/

UPCOMING 4-WEEK SERIES:
4 Saturdays, December 14, 21, 28, 2013 & January 4, 2014—2:30-6:30 pm
Or
4 Saturdays, February 1, 8, 15, 22, 2014—2:30 to 6:30 pm
Classes are held at: Los Angeles Birth Partners
1750 Ocean Park Blvd., Ste. 206, Santa Monica, CA 90405
Fee: $350.00 per couple (includes materials)

Offered By:
The Association for Wholistic Maternal and Newborn Health
Promoting Mother-Baby Friendly Maternity Care
Maternal-Child Health Education, Training, Consultation and Support