

Childbirth Awareness♥

(holistic birthing classes)

at
Whole Life Health Care
100 Shattuck Way
Newington, NH 03801

Childbirth Awareness ~ begins February 5, 2009
a five week series, Thursday's 6:30~8:30pm

- ♥Prepare for a gentle and mindful journey into parenthood, trusting birth and feeling empowered through breath awareness, comfort measures, and creative coping methods.
- ♥ Participate in thoughtful discussions and learn important tools about being in labor and giving birth, partner support, and the important choices available to you in any birth setting.
- ♥ Explore your hopes and expectations as well as the realities of parenthood including supportive breastfeeding, and fostering a healthy family environment.
- ♥ Classes held in a nurturing environment
- ♥ All are welcome, women may attend alone or with their partner.

Additional offerings.....

one day ~ birth workshop



Saturday, February 21, 2009

9:00 am ~ 1:00 pm

Offered by
Andrea Rutherford, CD, CLC
To register please call 603.431.6677. ext.245
or email: andreanh@comcast.net
www.mywholelifehealthcare.com

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