

NATURAL CHILDBIRTH CLASS

Birth is a natural body experience.
You will learn tools for a natural childbirth experience
through a combination of approaches.

**FOR MOM-TO-BE
AND BIRTH PARTNER**

INFORMATION about Natural Childbirth
labor and delivery.

TOOLS for a Natural Childbirth experience
for you, your birth partner and your baby.

PRACTICE relaxation exercises for Natural
Childbirth .

Instructor

Annette Alexander

Certified Doula

Fee \$50.00
At Registration
Payable to:
The Maple Center

Optional Bring:
2 Pillows
1 Bath Towel or
Blanket



REGISTRATION

The Maple Center, Inc.

1801 N. 6th St., Suite 600

Terre Haute, IN 47804

812-234-8733

Email: info@themaplecenter.org



**OFFERED MONTHLY ON
SATURDAY**

12:00-5:00 PM

Contact The Maple Center
for the next session.