

*This four hour class  
is available to all clients of*

**A Place  
for Women**  
in Waipio

*Call us today!*  
808-678-3991



*Your family  
Your Birth  
Your Baby*

# Childbirth Preparation Class



*relax*



## **This class will include:**

- ▶ nutrition and exercise
- ▶ recognizing & understanding labor
- ▶ relaxation and comfort techniques
- ▶ your partner's role
- ▶ birth options
- ▶ creating a birthplan
- ▶ breastfeeding
- ▶ postpartum
- ▶ and much, much more!

**Free to all  
A Place for Women  
Clients!**



Lea Garner is a professional doula, childbirth & breastfeeding educator with eight years of experience in Hawaii.

**JUSTTHEDOULA.COM**