



Becoming Parents A Comprehensive Prenatal Program

**A Weekend Workshop that Focuses on Pregnancy,
Labour and Birth, and up to One Year Postpartum**

This fun and challenging course includes:

- The changing body during pregnancy
- Natural coping techniques for labour and birth
- Nutrition
- Exercise
- Fetal development
- The effects of pregnancy on posture
- The role of the father during the pregnancy and birth process
- Breastfeeding
- Becoming parents
- The bonding and attachment process
- The importance of touch
- Ways to reduce baby's crying
- The first incredible year of the newborn

AND MUCH MORE!

Classes are Offered on an Ongoing Basis

And are presented by:

Melanie Beingessner, DC
and Judith Johnston-Christie, RMT

We promise an empowering experience that is very respectful of birth and parenting. We will focus on holistic health, as well as the "naturalness" and "normalness" of birth.

**To Register or
For More Information,
Please Contact Us
At (403) 273-5653**