



LABOR 101

A Childbirth Preparation Class

This fun and relaxing class, held in the comfort of your home, addresses many of the questions you may have including:

- *What can I expect at the hospital?*
- *How do I really know when to leave my house?*
- *How can my partner participate?*
- *What if I want an epidural?*
- *What if I want to birth naturally?*
- *What should I pack in my bag?*

A fantastic compliment to a hospital based childbirth preparation class and a wonderful refresher for your second child's birth!

In the class, you will also:

- ◉ Experience breathing techniques and birthing positions that will be most comfortable for you during your labor and pushing stages.
- ◉ Discuss Birth Preferences.
- ◉ Learn about hospital interventions.

Fee: 2 1/2 hour private class - \$175, Serving Chicago and NorthShore.

To answer questions about the content of this class or to set up an appointment please contact, Susan Gray at 773-710-9219.

About the Instructor

Susan Gray is a biodynamic craniosacral therapist, infant massage instructor and provides therapeutic massage for pregnancy. She has been a birth doula since 2001 and currently works in her private practice.

For more information about Susan Gray's wellness practice please visit:

www.susangraywellness.com