

The Y Beginnings Parenting Center presents:

Childbirth Workshop




“Essentials for a More Easeful Birth” This couples workshop offers a wide range of techniques to achieve calmness, reduce discomfort and facilitate the process of labor.

Date: Sunday, March 19, 2017, 1 to 4 pm

Fee: \$100 per couple

Couples will explore and practice techniques while the supporting partner gains confidence in his/her ability to provide practical support and comfort during labor. For couples after 25 weeks of pregnancy.

Teacher: Kelly Swails, RPYT, CCCE, M.A., childbirth educator, certified prenatal/postnatal yoga teacher, doula and mom of three.



Register on
reverse side

YM&YWHA of Washington Heights and Inwood • 54 Nagle Ave.

212-569-6200 • www.ywashhts.org



Labor & Delivery Workshop: Essentials for a More Easeful Birth

Parent(s) Name(s) _____

Address, City, Zip _____ Phone _____

Expected Due Date _____ Email Address _____

Are you or a member of your family a current or past member of the "Y"? Yes No

Have you or a member of your family participated in any "Y" program before? Yes No

- If yes, who and when? _____

How did you hear about this workshop?

Paying by check

Fee Enclosed: \$ _____ (Checks payable to YM & YWHA of Washington Heights & Inwood)

Paying by credit card

Please charge \$100 to my credit card

Please Circle Your Credit Card Company: VISA Mastercard

Card Member Number _____ Exp. Date _____

Card Member Signature _____ Date _____

The Y Beginnings Parenting Center offers programming for expectant families and new families with children from birth through age two.

For more information, contact Coordinator Mara Bragg, 646-738-6093 or MBragg@ywashhts.org.