

YOU ARE INVITED TO A COMPLIMENTARY

Childbirth Ed Workshop

- Online materials you can access at your own pace
- New lessons released weekly and available until June 13th
- Live call in Q & A with Birth Educator on May 26th at 6PM Pacific Time (will be recorded)

You'll learn tools and techniques to help you:

- Understand and feel confident about the birth process
- Find coping techniques for stress and pain management
- Relax and focus on what you can control

Learn More & Register at:
PamelaMarieLlano.com/birth

