

Childbirth Preparation Class

At Pulling Down the Moon

Location:

Pulling Down the Moon
900 N. Kingsbury, Riverwalk 6A
Chicago, IL 60614

Time: Saturday, 3:30-5:30pm

Dates: January 9-February 13

Cost: \$300 for 6-week class

For registration and information,
please contact us
at 312.321.0004 or register at
www.pullingdownthemoon.com



The most satisfying birth

experiences come to those who

play an active role in the process.



Instructors: Ellen Winick & Julia Izquierdo

Ellen holds a Masters in Ed, 2 coaching certifications, & much coursework in birthing & labor support. She has taught over 200 couples about childbirth & supported pregnant mothers & couples through massage & as a support professional.

Julia's passion for childbirth began with her experience as an animal midwife. She has since birthed 3 of her own children & attended approximately 60 childbirths. She is pursuing studies as a Midwife and brings a solid foundation in the clinical aspects of birth.

This 6-week class for mom & partner will prepare you to have the best possible birth experience. You will learn how to relax during labor, work with your partner and celebrate this time in your life.

Topics include: nutrition, relaxation & exercise during pregnancy, stages of labor, comfort measures and preparing your partner to be a good coach. You will develop an understanding of what is happening with your baby and with mom's body during childbirth so you can more confidently approach that experience.

We promise that you'll finish the class feeling more relaxed & prepared for your upcoming birth than when you started.



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