



Childbirth Education Like Never Before!

*Call for dates and
times in your area*

509-780-3330

Prices:

\$100 per woman,
with or without
partner

Real midwives give interesting and useful information on the anatomy and physiology of birth, non-pharmacological pain control, nutrition during pregnancy, breastfeeding, newborn care and postpartum recovery.

Areas served:

Entire Yakima
Valley

Classes are open to ANYONE wanting practical and down-to-earth information on how to enjoy the entire birthing process.

Class size:

Limited to 8
moms/couples

Home and hospital “birthers” welcome!

Sunrise Midwifery

509-780-3330

www.sunrisemidwifery.net

