

# **Bradley Birthing Method®**

## 12 Week Natural Childbirth Class

- Majority of couples begin class late 2nd trimester into early 3rd trimester (around the 5 month mark).
- The Bradley Method® course consists of one class per week for 12 weeks and covers a mixture of topics including: relaxation, coaching, nutrition, exercises, stages of labor, etc.
- Classes are held in an informal and relaxed environment at a location in Loves Park, IL, which will be discussed in detail during registration. All parties involved will be educated with the Bradley® material by lectures, visual aids, demonstrations, and group discussion. Active participation is highly recommended to get the most out of the Bradley® experience.

***Having a baby can be an Enjoyable Empowering Experience!***

We believe in giving your baby the best start possible and commend you for considering The Bradley Method®.

Our classes will provide you and your coach with techniques and information on how to have a healthy pregnancy, ways to handle labor, and how to make informed decisions. Mental and physical preparedness are key components in achieving the birth experience that you and your coach desire, which the Bradley Method® provides.

We are excited to be able to assist you on this beautiful journey of natural childbirth, which is what our bodies were created to do!

***“Birth the way God intended it!”***

Classes Taught by:

***Stephani Cater***, Provisional Bradley Method® instructor, [www.bradleybirth.com/stephanicater](http://www.bradleybirth.com/stephanicater)