



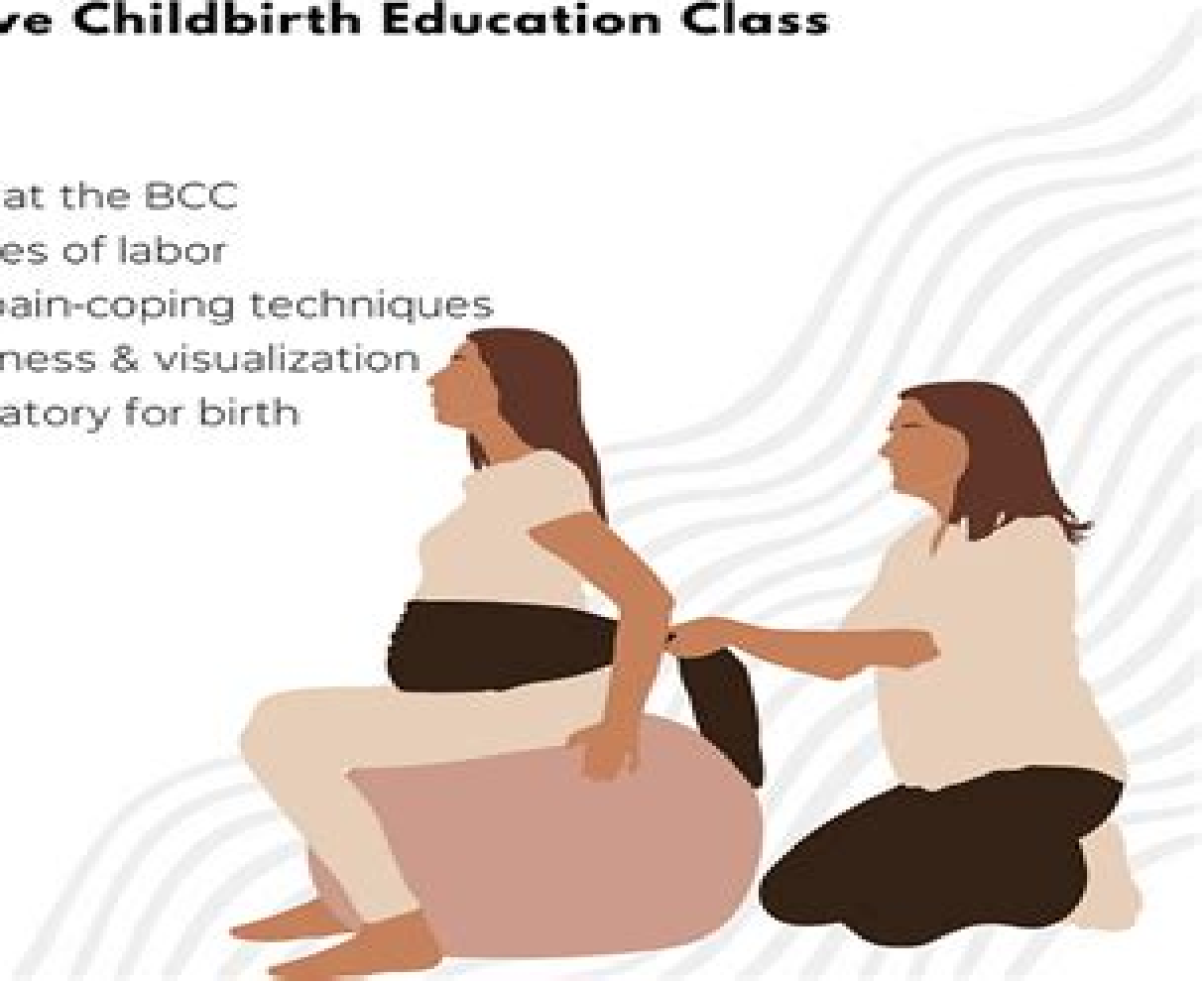
Birthing From Within

A Comprehensive Childbirth Education Class

- 4-week series
- Meets in-person at the BCC
- Phases and stages of labor
- Learn effective pain-coping techniques
- Practice mindfulness & visualization exercises preparatory for birth



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Birthing From Within

ML Morrison



Birthing From Within:

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Birthing From Within Introduction

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