



CLASS SCHEDULE

I offer a variety of class lengths and options. I hold 12 week classes because I feel I can better deliver all the information you need and have time to address all your questions about your birth.

Private classes are also available. These classes are in your home during the weekend only. The cost is \$500 for a 4-6 week course. You will still receive all class materials. You will be able to choose your topics for this class. It is a great way to get information if you are close to your due date.

Please register for class when you will be around 24-26 weeks. Registering early in your pregnancy insures a spot in class and the birth you desire. I offer to all my registered students a head start on classes by attending the first class of any series. You'll learn about exercises, nutrition, and relaxation that will ensure a early start to a healthy pregnancy. Please attend this class if you can. After your class series has ended, I encourage you to come to any session for review until your Birth-Day.

Please return the bottom portion for early registration along with your non-refundable deposit of \$75. Full payment for classes (\$285)* is due the first class. Your deposit will be applied to your balance. With your full payment, you will receive all your class materials: student workbook, research handouts, *Natural Childbirth the Bradley® Way*, and *What your Pediatrician Doesn't Know Can Hurt Your Child* by Dr. Susan Markel.

Due in....?	Date	Day and Time	Price
June/July 2013	March 25 to June 3*	Monday @ 6:30	11 weeks for \$265
August 2013	April 30 to July 23**	Tuesday @ 6:30	12 weeks for \$285

*class 11/12 on the last week **break on July 9 for extended relaxation practice

Date of first class: _____ Phone number: _____

email: _____

Name: _____ Partner's Name _____

Address: _____

due date: _____ Birth Location: _____

I would like to learn in class... _____

I best handle pain by _____ I see birth as a natural process. Yes or No

Mail to:
 Stacy Lewis
 7254 Gabriel Drive
 Fontana, CA 92336



Dear Mommie-to-be,

You are coming up to a great time to start taking classes. I usually have moms start around 24 weeks.

My classes are typically 12 weeks. Each class is about 2 hours. Every class we discuss nutrition, exercise, relaxation, and the coach & mother's role in childbirth. Each week is different, but generally, it's a pretty informal setting at my home. We talk about how the week went and then proceed to the week's topic. We have a break and a healthy snack for the week's nutrition theme and then watch a video. Some weeks we don't watch a video. Some weeks I give additional reading materials.

Class fees are \$285. Also, if you know a friend, co-worker, or relative who would like to take class, sign up together and your fee and your friend's fee will be \$250. You will still receive the workbook, class folder, and 2 books for class.

Private classes can also be arranged. The classes will be held in your home on the weekend only. They are 4-6 weeks in length. These private classes give you the opportunity to mix and choose topics you want to learn more about. I will suggest topics you can choose, but I leave most of the decision making process up to the parents. I recommend a private class for more experienced parents to be.

A little information about myself. I am an independent instructor; I do not work for any one doctor, hospital, midwife, or birthing center. I have a degree in education and did teach for a short period of time. I began my journey with natural childbirth in 2001 when I was pregnant with our first child. I was induced; however, and I did receive medical interventions I didn't want. Our next 2 births were at home with the aid of midwives. The births were completely different experiences. I much preferred my unmedicated births by far! Now my children are 10, 8, and 7.

I have been teaching natural childbirth classes since 2005 with The Bradley Method®. Over the years, my course content for my classes has grown and will continue to grow. I wish to continue to grow as an educator in the birthing community and new motherhood community. As for the future, I'm a doula in training with DONA and am beginning my training to become a certified lactation consultant (IBCLC). Also, as one more step to gaining IBCLC, I attended CAPPA's CLE training in October 2011. Soon, very soon, I will be offering lactation education services as an additional course.

If you have any more questions about my classes or taking a childbirth class, please do not hesitate call.

Here's to a healthy and happy pregnancy!

Stacy Lewis, B.A. Ed., AAHCC, LE (CAPPA)

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