

# Fast-Track Childbirth Prep Class

At Blossom Birth and Wellness Center

Get ready for baby with us!

Don't have weeks upon weeks to attend a childbirth class? Then please join Michelle Hottya for **Fast-Track Childbirth Prep** class. This 16-hour childbirth class is completed in just two short weekends.

## What You Will Learn

- Anatomy & Terminology
- Stages of Birth
- Phases of Labor
- Emotional Responses to Labor
- Practicing Comfort Measures
- Pain Relief Options
- Physical Changes through Labor & Delivery
- How to be a Good Labor Support Person
- Interventions—Benefits/Risks
- Postpartum Care of Mom
- Newborn Procedures & Care
- Breastfeeding
- Babywearing & Cloth Diapering

## When

January 7 & 14 or  
February 5 & 12 or  
April 15 & 22  
8 am - 4 pm each day



## Meet your teacher:

**Michelle Hottya** is a certified birth doula, childbirth educator, breastfeeding counselor and mom of three.

## Contact Michelle:

818-606-5687 (cell) or  
doula@hottya.com

*There is no "right" way to give birth — rather, I believe in empowering each family with the knowledge and techniques that will help them experience their own best birth!*

## Where

Blossom Birth and Wellness Center  
2928 N 18th Place, Phoenix, AZ 85016

## Fees

\$200 per couple. A \$25 deposit is required to reserve your space.

For more information and future class dates, please visit  
<http://www.hottya.com/doula>

To register, mail or drop off this form with your deposit to:

Michelle Hottya  
c/o Blossom Birth Center  
2928 N. 18th Place  
Phoenix, AZ 85016

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City State Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Referred by \_\_\_\_\_  
Email \_\_\_\_\_

## Registration for class dates:

- January 7 & 14  
 February 5 & 12  
 April 15 & 22

Estimated Due Date \_\_\_\_\_