



IT'S ABOUT  
**YOU!**

# Birth

BUILDING RESILIENCE

FREE FOR THE COMMUNITY  
*COMMUNITY BIRTH EDUCATION*

## **Virtual Lunch & Learn Birth Education**

Thursday's  
*April 1, 8, 15, 22, 29 & May 6*  
11:00 AM - 1:00 PM

***Registration Required.***  
***Smartphone, computer or  
tablet needed to participate.***

TO REGISTER OR FOR MORE  
INFORMATION

**(914) 493-6435** OR  
**(845) 358-8929**

**<https://bit.ly/3sJxCUI>**

## **SUBJECTS COVERED**

Creating your birth vision  
Managing Stress  
Building birth confidence  
Choosing healthy  
Labor signs & stages  
Your birth, Your way  
Building your birth team  
Coping with labor  
Do I need a doula?  
4th Trimester (postpartum,  
infant care, feeding &  
breastfeeding)  
Giving birth during COVID-19

Facilitated by Tamara Wrenn, Certified Birth Professional