



LEGACY
BIRTH
PROS

EVIDENCE BASED *Birth*®

CHILDBIRTH CLASS

Whether you're a first-time parent or looking to refresh your understanding, our friendly and inclusive environment is designed to meet the diverse needs of all families.

Comprehensive childbirth classes to equip expecting parents with evidence-based information and mentorship. Our classes aim to empower parents with confidence and knowledge, ensuring they feel supported every step of the way.

Investment
\$325

6-Week Class

Hybrid Format

(2 in-person classes; 4 virtual)

Week 1	In-person
Weeks Guided 2-5	Virtual Mentor sessions
Week 6	In-person

What's Included...

- Entry for birthing person + 1 support person
- Small intimate classes
- Self-guided, online content
- Digital Workbook
- *Bonus: Breastfeeding Videos
- *Bonus: Newborn Care Videos
- *Bonus: Accupressure Videos

Add-Ons

- Birth Plan Session
- Prenatal Breastfeeding Workshop
- Infant Car Seat Safety Workshop
- Postpartum Planning Session
- Doula Support

Your Instructor Michelle- Full-Spectrum Doula, Certified Lactation Educator Counselor, Childbirth Educator and CEO of Legacy Birth Pros.



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Topics...

Advocacy
Stages of Labor
Comfort Measures
And so much more



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bit.ly/EBB-CBE

REGISTER TODAY

www.legacybirthpros.com