## NATURAL FAMILY PLANNING

## FIND THE METHOD THAT WORKS BEST FOR YOUR NEEDS







Are you not satisfied with your current method of family planning?

Are you looking for a healthier option for family planning?

Are you in search of a method of family planning that is morally acceptable to you and also effective?

Are you curious about your options?

Are you trying to conceive and want to increase your odds?

Are you interested in understanding your body and monitoring your health?

ATTEND A 90 MINUTE VIDEO-CONFERENCE GROUP MEDICAL VISIT LED BY DR. BARCO. COST COVERED BY MSP. FOR INFO AND TO REGISTER VISIT HTTPS://ESQUIMALTMEDICALCLINIC.COM/NATURAL-FAMILY-PLANNING