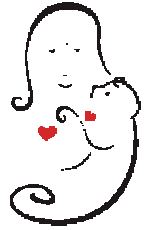


Birth on the Continuum: An Exploration of Birth Stories



Sponsored by Four Seasons Midwifery
and MotherCare VA



Raising Awareness about the prenatal period, birth and postpartum.

While birth is often a powerful event for women, many come away from the experience feeling confused and stressed. This talk will present birth on a continuum from uncomplicated to those that can be very difficult with heroic stories where women have overcome obstacles to have healthy babies. It will particularly address:

- Prolonged Labor
- Fast Labor
- Back Pain
- Pain Management
- Stalled Labor
- Labor that doesn't start after waters break
- Post Dates
- Cesarean
- *And others!*

It will also present the midwifery model of care and propose several ways to support pregnant couples so they get the best possible start as a family.

Saturday, May 2, 2009

Time: 6:30 – 8 pm

Body Mind Spirit

923 Preston Avenue, Charlottesville, VA

For info contact: Kate White, 434-996-2002, katercst@gmail.com

Donations accepted to pay for room rental



This presentation will be lessons learned from two professionals who have worked closely together over 6 years attending expectant and postpartum families. Lois Tresize, CNM has been a midwife for over 30 years. She has just developed her own labor and delivery educational program, First Circle. Kate White is a massage and craniosacral therapist and health educator who has specialized in prenatal education, pre and perinatal psychology, and helping families who have had overwhelming experiences before, during, and after birth.