Northern Lights Wellness Presents:

Normal Birth Workshop
for Birth Professionals
November 6—7, 2009

"This is the 'why didn't they teach us that in school' workshop."

This hands-on 12-hour workshop is designed for nurses, nursing students, midwives, doulas and other birth professionals who work with pregnant mothers.

We will be exploring the structural and biomechanical processes of labor and birth for the mother/baby unit as well as emotional and psychological considerations.

Participants will learn specific strategies and techniques for helping families minimize complications and successfully birth naturally.

Topics we will cover include:

- Biomechanics of birth
- Infant primitive reflexes in the birth process
- Techniques for avoiding/resolving OP and other positioning issues
- Helping rotation during labor
- Emotional/psychological considerations and support strategies
- Applying the latest pre and perinatal psychology research
- Early attachment and successful breastfeeding support

Nurses, nursing students, midwives, doulas, and other birthing professionals are encouraged to attend.

Presented by:
Debra McLaughlin, Craniosacral Therapist, Doula
Northern Lights Wellness
31 W Superior Street, Suite 503
Duluth, MN 55802
(218)590-1891

Register early—space is limited!

Registration deadline is Oct 30

Normal Birth Workshop Details:

- Fri. Nov 6—Sat Nov 7
    - (12 contact hours)
        - Fri: 1 pm — 5 pm (optional film in pm)
        - Sat: 8:30 am — 5:30 pm
- Tuition: $100 (students receive a $45 discount!)

Please wear comfortable clothing and bring a snack.

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Northern Lights Wellness

31 W Superior Street
Suite 503
Duluth, MN
55802

Phone: 218-590-1891
E-mail: nlcst@charter.net
www.northernlightswellness.com

Name _____

Title _____

Address _____
_____
_____

Phone _____   E-mail Address _____

Method of Payment
☐ Check   ☐ Visa   ☐ MasterCard

Credit Card # _____
_____ _____ _____
Security code   Exp. date   Signature

Workshop Registration

Sign up for:	Dates	Price
☐ Labor Support & Birth for Professionals	Nov 6-7	$100.00
☐ Student Discount (total student cost is $55.00). Note: Students must indicate school and program below.)		—$45.00
		Total: _____

School:
_____

Program:
_____