

A free public service offered by Carolina Maternity Services:

# Natural Childbirth Classes

- Labor and birth
- Choosing a care provider and building your support team
- Exercises to prepare for birth
- Nutrition as it relates to birth
- Mom's and baby's hormonal journey
- How to cope with pain
- Avoiding **unnecessary** medical interventions, including caesarean section
- Complications
- Taking care of your newborn
- Breastfeeding
- VBAC (vaginal birth after caesarean)
- More!



Tuesday and Thursday evenings in Fort Mill, SC, ten minutes from Carowinds or Ballantyne. Classes are taught by a licensed midwife experienced in natural childbirth. Call or email to reserve your place and get more information.

803-547-3179 or 877-696-4394  
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