

HOPING TO GET PREGNANT IN 2014?



HOLISTIC SUPPORT FOR YOUR PRECONCEPTION JOURNEY

Come learn what you need to know before you start trying:

- ★ How to track your fertility using the Fertility Awareness Method
- ★ Fertility-promoting nutrition and lifestyle choices
- ★ Tools for navigating the emotional and spiritual realms of fertility and conception
- ★ Keys to keeping your relationship sexy
- ★ How to maximize your chances of conception
- ★ Tips for staying connected with yourself and partner throughout the process



O'Neil Starkey is a postpartum doula and Fertility Awareness Educator intern. Rima Roberts is a Licensed Marriage and Family Therapist. They're both wildly inspired by the physical, emotional and spiritual transformation of motherhood.

Saturday, February 8th

1:00 - 5:30 pm

Cost: \$75

Location: Downtown Sebastopol

Registration: 707-634-4778

Space is limited, so please register soon!