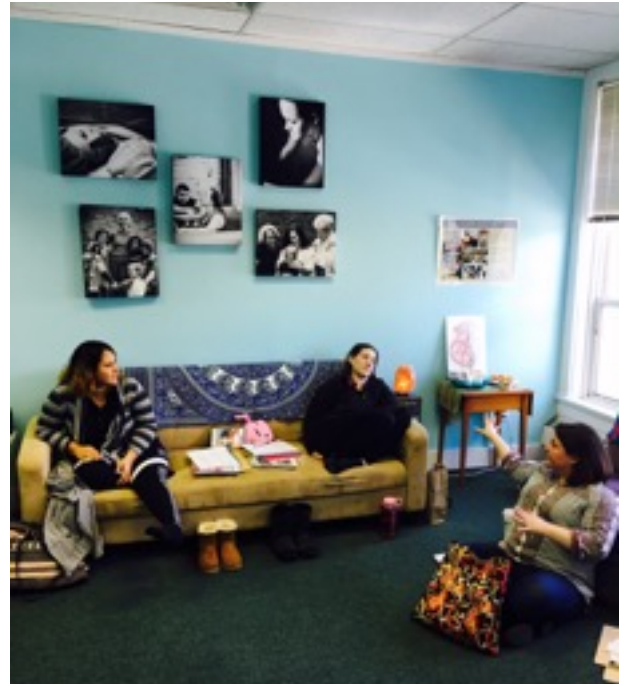


Doula Dinners

a 4-week Support Group Series



Save the Date!

French Obstetrician, Michel Odent, noted that oxytocin is released amongst friends sharing a meal together. This inspired us to begin a 4- week small group series open to anyone in the perinatal field who is looking to connect with other professionals and gain community support and in-depth information on topics such as:

- ▶ Special topics such as traumatic births, TOLAC, GC, twins, self care, bodywork, high risk births, and more
- ▶ A Doula's Guide to Herbs 101
- ▶ Self Care and Community Connectedness
- ▶ Peer Review and Birth Processing
- ▶ Hands-on Skills Training

Where: Roots Wellness in Mason, Ohio

Time: 6:30pm-8:00 pm

Date: Tbd based on participants' schedules

Cost: \$90 Includes dinner, training, and additional supplies when applicable

Series is led by Erica Manto-Paulson, Labor Doula, Childbirth Educator, Hypnobirthing Instructor and Doula Trainer. Special guest speakers on specific topics as applicable.

* To maintain a safe environment, this group will close after the first week and no new registrants accepted until the next series begins.

Register: 513-477-4697