

Our Goals

- To promote researched, fact-based maternity care.
- To promote gentle birth options that protect and respect mother and baby.
- To inspire women to trust themselves, their bodies, and their babies to give birth safely and normally.
- To provide information on natural childbirth options and share suggestions and experiences on preparing for unmedicated birth.
- To facilitate learning and foster a nurturing, fun environment in which this can take place.
- To share positive, empowering natural childbirth stories that uplift and inspire other women who are about to give birth.
- To be a safe harbor in this world of epidurals, inductions, and elective cesareans where women can be truly supported in choosing natural childbirth.



Find peace for your pregnancy and birth. It should not be a battle to get the birth you want!

2009 Meeting Dates

UCAN Birth meets in Provo, UT. Call for the address.

Wednesday, January 28th from 7 p.m. - 9 p.m. We will be discussing ways to prepare for natural childbirth including childbirth preparation methods and professional labor support (doulas).

Wednesday, March 25th from 7 p.m. - 9 p.m. Birth story night! Come share or listen to inspiring natural childbirth stories.

Wednesday, May 27th from 7 p.m. - 9 p.m. We will be discussing options for birth location and care provider (doctors, midwives, etc.). Bring a food item to share.

Wednesday, July 29th from 7 p.m. - 9 p.m. We will be discussing options for birth location and care provider (doctors, midwives, etc.). Bring a food item to share.

Women interested in natural childbirth and their nursing babies are invited to attend.

Please check our website or call for additional dates and times!

Because you CAN birth in the way you desire!

Laura Lund, Founder

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Unmedicated Childbirth Advocacy Network UCAN Birth



*Support Group *Women Helping Women
*Information *Home birth *Waterbirth
*Childbirth Preparation *Midwifery Care
*Doulas *Hypnosis for Childbirth *Vaginal
Birth After Cesarean (VBAC) *Safe Harbor
*Inspiring Natural Birth Stories *Relaxed
and Fun! *Free

{ Tel: (801) 494-1455
www.BirthNaturally.org/ucanbirth.htm }

Unmedicated Childbirth Advocacy Network ~ UCAN Birth

- Are you tired of people looking at you like you're crazy because you want or have had an unmedicated/natural childbirth experience?
- Are you discouraged by comments such as "oh, I wanted a natural birth, too, but I couldn't do it (*and neither can you*)"?
- Do you want to learn more or share what you know about unmedicated, natural childbirth options?
- Would you like support for your decision to give birth normally and naturally as well as information on how to achieve your goal?



Women have given birth naturally for eons. So can you!

Women have given birth normally and naturally as well as information on how to achieve your goal?

- Would you like to learn about or gain support for

"alternative" childbirth options such as midwifery care, home birth, water-birth, doula support, vaginal birth after cesarean (VBAC), hypnosis for childbirth and other natural childbirth techniques?

Come to a **free** UCAN Birth support group meeting!

Who is invited?

Women who desire to give or receive support and information regarding unmedicated, natural childbirth options are invited to attend UCAN Birth support group meetings. Occasionally we may hold meetings to include male birth partners. Those meetings will be specified as such. Please make arrangements for older children. Nursing babies are always welcome.

What are meetings like?

UCAN Birth meetings are informal gatherings at which all women are encouraged to share information and/or ask questions.

Each meeting will have a general

topic related to natural, unmedicated childbirth that will be the focus for discus-



Create a safe and joyful birth for you and your baby!

sion. We may occasionally have guest speakers, but the majority of the time spent at UCAN Birth meetings is spent in relaxed, friendly discussion.

What is UCAN Birth?

UCAN Birth is a volunteer organization of women interested in advocating for normal, natural, unmedicated childbirth. UCAN Birth headquarters are located in Provo, UT in Utah County and women along the Wasatch front are invited to attend. **Please call or visit our website for meeting dates and times.**

UCAN Birth founder Laura Lund is passionate about improving birth experiences for women and their babies. She is a certified doula and Hypnobabies childbirth educator in Provo, UT.

Because you CAN birth in the way you desire!

Laura Lund, Founder

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