

Unmedicated Childbirth Advocacy Network UCAN Birth

Because you CAN birth in the way you desire!

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?

Would you like to learn about or gain support for "alternative" childbirth options such as midwifery care, home birth, waterbirth, doula support, vaginal birth after cesarean (VBAC), hypnosis for childbirth and other childbirth techniques?

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



Find out more by visiting:
[www.BirthNaturally.org/ucanbirth.htm!](http://www.BirthNaturally.org/ucanbirth.htm)

Or call Laura Lund at (801) 494-1455.

Meeting Schedule 2009

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.