


# *Journey of Birth* is offering a **Birthing From Within** **Prenatal Class with Sarah Segal**

 **Birthing From Within®** prenatal classes are unique and dynamic child birth classes to prepare you and your birth partner for the journey of birth and parenthood. These classes are a non-outcome focused approach to birthing in awareness, no matter how your birth unfolds.

For more information on what will be covered during the class, visit [www.journeyofbirth.ca](http://www.journeyofbirth.ca)

**This 6 week series of classes runs on Thursday nights, 6:30-8:30 from February 9th to March 15th. To register, email Sarah Segal at [journeyofbirth@gmail.com](mailto:journeyofbirth@gmail.com) or call 1.250.802.5005.**

**The class will be held at Solace Centre, which is located at 719 Fitzwilliam St in the Old City area of Nanaimo.**

*The Journey of Birth*  
Support & Education for the Childbearing Years

## **Sarah Segal**

Certified Birth & Postpartum Doula (DONA)

Birthing From Within® Mentor

Breastfeeding Counsellor

Tel: 250.802.5005 Email: [journeyofbirth@gmail.com](mailto:journeyofbirth@gmail.com)

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