

SPECIAL EVENT



Ask the Doulas!

Find out how a doula can help you through labor, birth, and beyond

Sunday | 4:30 - 5:30pm | No charge

March 30

Learn about the benefits of working with a doula!

Are you curious about how a doula can help your family through labor, birth, and beyond? Join other expectant parents for this fun and informative get-together. Both birth and postpartum doulas will be present to provide tips on interviewing potential doulas, and they'll also give you suggestions for how to talk with your doctor or midwife about having a doula on your birth team. They'll answer any questions you may have, such as:

- How can a birth doula help me during labor and childbirth?
- How will the doula's role differ from my partner's role?
- How much does a doula cost and what services does she provide?
- Do I have to have a natural birth in order to work with a doula?
- I'm not a first-time mom - should I still use a doula?
- Do I need a doula if I'm working with a midwife?
- What does a postpartum doula do?
- How will a doula help with breastfeeding?
- What's the difference between a postpartum doula & a baby nurse?

This event is free and pre-registration is not required. For more information, please contact (773) 463-YOGA. We look forward to seeing you!

Visit www.bloomyogastudio.com

for information about classes, workshops & more!