

Start your
family off on
the right track...



Build on a firm
foundation!

Natural Childbirth "Biblical based" Education:

These classes will help prepare anyone who is interested in "Biblical Based" Natural Childbirth Edu. They are intended for those who would like a natural/vaginal birth without the use of medication, and are for those planning a birth at the hospital, birthing center or at home. (My classes are open to the public, but can be taught privately as well) Class covers everything a Natural Childbirth class teaches and then some.

Some topics covered in these classes are:

- Unit 1: Stewardship
- Unit 2: Labor Comfort
- Unit 3: Greeting Baby
- Unit 4: Choosing with Love
- Unit 5: Labor Challenges
- Unit 6: Birth Planning
- Unit 7: Self Control
- Unit 8: Parenting a Newborn

Location: I teach combined classes with other expectant couples online or privately.

(There is a \$100.00 up charge for all privately taught Biblical Based Natural Childbirth classes.)

Dates and Times: Classes are taught in 8 weeks sessions and held online a schedule *Tuesday evenings 6:00-8:30PM*

Private Classes: are taught online through the winter held on *Thursday evenings 6-8:30PM*

Class Sizes: limited to 5-6 couples, so register early.

*Classes are first come first serve and classes fill up rather quickly. With that said; filling out the registration form does not guarantee a place in a class, I will contact you to let you know if you are one of the first applicants and make payment arrangements if so at that time.

Materials needed: (not required but helpful) Bible, Note pad and Pen

What's included? A work book, homework & handouts

Cost: \$350.00 Per couple includes a workbook

There is a \$100.00 up charge for all privately taught "Biblical Based" Natural Childbirth classes.

Payment options:

1: All classes must be paid for prior to the start date.

2: I accept Cash, Check, Money orders Please make all checks payable to: Vonda Kunz \$35.00 fee will be assessed for all returned checks.

3: I accept most credit cards and or payments through Zelle, Venmo or paypal (as a friend)

I look forward to meeting you in person =)

4: to register, Please email me: Vonda@MeagerBeginnings.website me the following information

Name/s

Physical Address (to send you your book)

Phone

Any questions