

# FREE CLASS

## It's your birth!

### KNOW YOUR OPTIONS

What is a  
doula?  
Do I need one?

Can I do  
it without an  
epidural?

Doctor  
or  
midwife?



 **bloomSPOKANE**  
Growing a Better Birth Community  
A BIRTHNETWORK NATIONAL CHAPTER

MORE INFO ⇒

[bloomsokane.com](http://bloomsokane.com)