



# Birth and Baby Wisdom Circle

*A Learning Opportunity for Labor and Delivery*

**Who:** This event is open to all expecting mothers and partners and/or support people

**When:** The second Thursday of each month, beginning July 14th

**Where:** Talking Circle

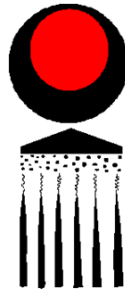
**Time:** 10:00am-12:30pm

**Please join us for an opportunity to:**

- Understand the process of labor and delivery
- Know your options during birth
- Go into birth with confidence
- Connect with others in our birthing community
- Look forward to your baby's birth with optimism
- Learn about safe, evidence based, current practices and recommendations
- HAVE A FUN, INTERACTIVE, AND ENGAGING EXPERIENCE!

**The Birth and Baby Wisdom Circle will be led by: Sharon Muza CD(DONA), BDT(DONA), LCCE, FACCE**

**doula | lamaze childbirth educator | trainer | writer**



**Seattle Indian Health Board**  
*For the Love of Native People*



The mission of the Seattle Indian Health Board is to assist American Indians and Alaska Natives in achieving the highest possible physical, mental, emotional, social and spiritual well-being through the provision of culturally appropriate services, and to advocate for Indian people, especially the most vulnerable members of our community.

The Seattle Indian Health Board facilities are accessible to persons with disabilities.  
Accommodations for people with disabilities can be arranged with advance notice by calling (206) 324-9360.

