



ALASKA CENTER FOR ACUPUNCTURE

Presents:

The Childbearing Year Taught by Stella Lyn

Workshop Title: THE CHILDBEARING YEAR: Herbs, Care Options, and Q&A for the expectant family

Date: Wednesday, January 18, 2012

Time: 7pm-8pm

Cost: FREE

Location: Alaska Center for Acupuncture

Bring your questions, your curiosity and your bellies (or a friend's belly!) to this lively presentation on all things pregnancy, birth, and postpartum. Herbal medicine and Childbirth have shared common ground since the beginning of human history. Learn about simple, safe and effective herbs to address a myriad of common pregnancy complaints or concerns. Find out what your options for maternity care are in South Central Alaska.

In this presentation you will learn about:

- Different models of care to suit the individual needs of a pregnant woman
- Doula services: What is a doula? Why you might want one...
- A nourishing herbal drink you can have during your pregnancy to prevent or cure many pregnancy woes
- Specific herbal remedies for common situations, from morning sickness to newborn care

Please pre-register by calling **Alaska Center for Acupuncture at 745-8688**. Space is limited, so call early!

About the Presenter: Stella is a certified birth doula, an apprentice midwife, and your community herbalist. With a rich background in all three areas, she weaves together ancient wisdom with modern concerns for the expectant family. She offers skilled care during pregnancy, labor & birth, and the tender postpartum phase with her doula services. Private consultations are available through her practice Village Birth & Herbals in downtown Palmer, for people at all ages and stages of life seeking herbal help. She also offers a wide variety of organic, handmade herbal remedies. Please call 745-6545 or visit www.stellalyn.com to learn more.

For more information, about this and other upcoming events, visit
www.AlaskaAcupuncture.com