



well baby center®

YOUR PARENTING COMMUNITY

Mindfulness-Based Childbirth and Parenting Program

Well Baby Center, in conjunction with Insight LA, is pleased to offer Mindfulness-Based Childbirth & Parenting Classes

INTRODUCTORY MEETING
to be scheduled

8-WEEK CLASS SERIES*
begin date to be scheduled
Thursdays 7 - 9:30 pm

*plus a day-long session on a weekend to be determined

Facilitator:
Polli Glatleider, CNM, MN

To register, please contact:*
Insight LA (310) 774-3325
www.insightla.org
(*please mention you saw the flyer)

To learn more about Well Baby's programs and services please visit:
www.wellbabycenter.org
or call: (310) 402-BABY (2229)

Well Baby Center is a 501(c)(3) non-profit organization

Now Registering for 2010 Program!



We invite pregnant women and couples to join us in this 8-week MBCP class. MBCP is an adaptation by Nancy Bardacke of the Mindfulness-Based Stress Reduction (MBSR) program conducted by Jon Kabat-Zinn, PhD. It is specifically geared toward pregnant women and their partners and combines mindfulness techniques such as meditation and gentle yoga with a typical childbirth education class. The class aims to reduce the anxiety and worry often associated with the experience of pregnancy, giving birth and becoming a parent.

Polli Glatleider, a certified nurse midwife at UCLA, has practiced mindfulness meditation since 1997. Polli has over 30 years experience caring for pregnant women, partners, and babies - both in Los Angeles and internationally. She trained in Mindfulness-Based Childbirth and Parenting (MBCP) with Nancy Bardacke, CNM, MSN, who created the program, and offers the Mindfulness-Based Childbirth and Parenting program as adjunct faculty for InsightLA.

- RSVP for introductory meeting required
- Introductory meeting by donation
- Space is limited to 8 people
- \$250* per person for the 8 week series

*Sliding fee scale

Well Baby Center, 12316 Venice Boulevard, Mar Vista, California 90066 310-402-BABY (2229)