

# Natural Family Planning

Introductory Course

The Billings Ovulation Method®

Sunday, September 15, 2019

2:00-3:30 PM

OLHC

St. Mary Center

719 N. State Street

Jennings, LA 70546

Light refreshments and child care provided

Registration deadline September 11th; spots are limited

**The Billings Ovulation Method® is a simple, yet scientific, natural method of fertility management that teaches you to recognize the body's natural signs of fertility.**

Pure and simple! Based on over 50 years of ongoing scientific research, the Billings Ovulation Method® is a highly effective, yet simple way to postpone or achieve pregnancy and monitor reproductive health without drugs or devices. The Billings Ovulation Method® can work effectively for women whether they are coming off hormonal contraceptives, breastfeeding, weaning or approaching menopause. Regardless of the particular situation, the four simple rules of the method are the same for everyone. The effectiveness of the Billings Method™ has been published in numerous medical journals including, Lancet, Contraception, Fertility and Sterility, British Medical Journal, American Journal of Obstetrics and Gynecology as well as by the World Health Organization.

**\*Must be 18 or older\*** Please check one.  Single \$25  Married Couple \$30  Engaged Couple \$30

In need of child care.  No  Yes. Ages \_\_\_\_\_

Name. \_\_\_\_\_ Name. \_\_\_\_\_

Phone number. ( ) \_\_\_\_\_ Email Address. \_\_\_\_\_

Mailing Address. \_\_\_\_\_ City \_\_\_\_\_ State. \_\_\_\_\_ Zip \_\_\_\_\_

Please return detached portion with registration fee to

Kaidynn Hollier

PO BOX 155 Lacassine, LA 70650

Registration fee must be paid in order to hold your spot. Make checks payable to Kaidynn Hollier.

For any questions please contact Kaidynn Hollier at

KHollierNFP@Yahoo.com