



Acupressure & Massage for Pregnancy & Labour

ONE HOUR WORKSHOP



Dr. Jeda Boughton
*Acupuncturist and
Doctor of Traditional
Chinese Medicine*



Mel Engleder
*Registered
Massage Therapist*

Benefit from the expertise of **Dr. Jeda Boughton** and **Mel Engleder RMT** as they guide you through hands on demonstrations of pressure points and massage techniques, to aid in pregnancy and labour.

Pressure points and massage have been proven helpful with:

- Pain relief
- Calming nerves
- Relieving nausea
- Labour augmentation
- Relaxing
- Encouraging baby to rotate

This workshop is recommended for pregnant couples, doulas, midwives and anyone else interested in learning more about how acupressure and massage can be helpful during birth.

Date: Monday, January 16th

Time: 7:00 to 9:00 pm

Location: Coal Harbour Community
Centre, 480 Broughton St
Vancouver

Cost: \$10 per person

Space is limited so please call
604-718-8222 to register.



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