



# Acupressure & Massage for Pregnancy & Labour

TWO HOUR WORKSHOP



**Dr. Jeda Boughton**  
*B.A., R.Ac., Dr. TCM,  
FABORM*



**Cary Rendek**  
*B.A., MBA, R.Ac.,  
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Benefit from the expertise of **Dr. Jeda Boughton** and **Cary Rendek** 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:** December 12th

**Time:** 7:00 to 9:00pm

**Location:** 210 - 1245 West Broadway,  
Vancouver

**Cost:** \$49 per person  
\$85 per couple  
(price includes one kit of supplies)

Space is limited so please call  
604-733-2632 to register.



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