

## Are you pregnant?

### Ever thought of using complementary therapies to support your labour and birth?

Researchers at the School of Medicine, University of Notre Dame are looking for volunteers to participate in a study investigating; An antenatal education program using complementary therapies for the support of your labour and birth.

We need volunteers (and their birth partners) if you think you meet the following:

- Aged over 18
- Are pregnant with a single baby (over 20 weeks)
- Are intending to have a vaginal birth
- Willing to participate in a 2-day weekend workshop

Complementary therapy techniques may be a useful support for your labour and birth. Techniques include:

- acupressure,
- breathing,
- visualisation,
- yoga and movement,
- childbirth education about birth physiology and the hormones of birth.



If you would like to be part of this study click the QR code, or for further information contact researchers to see if the study is suitable for you on 02 8204 4245 or email [kerry.sutcliffe@nd.edu.au](mailto:kerry.sutcliffe@nd.edu.au)

