

## HBW: MOMS AND DADS SAY...

"The breathing and meditations will help us the most in our labor."

*-Laura and Nick*

"Since we were planning a natural birth, the hospital classes were not enough."

*-Michelle*

"Learning the positions and the coach's role made us feel more prepared for labor."

*-Amy & Jesse*

"Happy Birth Way was informative and confidence-building."

*-Eric & Kristen*

"The birth videos helped us both better understand what to expect."

*-Brooke*

"June was incredibly personable. It was a wonderful class!"

*-Megan*

"Very well organized. A good combination of teaching techniques."

*-Kristina*

## HBW: ABOUT JUNE



"These are my two sons, born in 1996 and 2001. I remember their births like they were yesterday, and you will remember yours just as vividly."

I had two very different birth experiences: The first ended with a traumatic and unexpected forceps delivery; the second, after a thorough childbirth class that Happy Birth Way is based on, was all natural with no complications. Had I been better informed the first time around, it could have been quite a different birth experience.

That's why I became a childbirth educator: to help expectant parents understand their options about pregnancy and birth so they can make informed decisions with their caregivers. I am passionate about providing my students with the latest research and information in classes that are unique, empowering and informative."

June has been married since 1989 and enjoys reading, crosswords, rollerblading, biking, and road trips with her family.

She is certified by the International Childbirth Education Association, has taught childbirth classes since 2005, and is a co-founder of the Tampa Bay Birth Network ([TampaBayBirthNetwork.org](http://TampaBayBirthNetwork.org)).

Visit June's website for more information about her classes:

[HappyBirthWay.com](http://HappyBirthWay.com).

Unique Empowering Informative



the natural birth choice

**UNIQUE,  
EMPOWERING  
& INFORMATIVE:**

GROUP AND PRIVATE  
**CHILDBIRTH  
CLASSES**

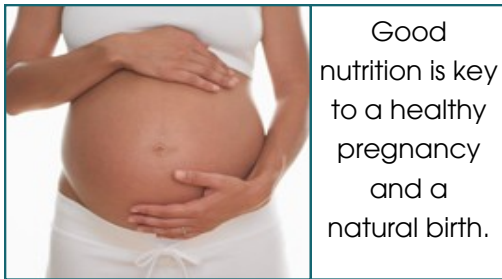
FOR  
EXPECTANT  
PARENTS

June Connell, ICCE  
Natural Childbirth Educator  
[happybirthway.com](http://happybirthway.com)

## Happy Birth Way

### Natural Childbirth Classes

offer expectant parents a unique way to prepare for the birth of their baby.



### Students will learn about:

- Prenatal Nutrition
  - Four Keys to a Natural Birth
  - Natural Comfort Measures
  - Prenatal Exercise
  - Birth Preferences
  - Partner's Role in Labor
  - Labor Medications
  - Breastfeeding
  - Postpartum Care
- ...and much more!

"Every expectant parent should go through this class. It was the perfect class for my partner and me as it gave us both the information we needed."

— Bonnie

### New in 2010:

Monthly Webinars  
Birth DVDs  
Meditation Podcasts  
Phone Consultations

[HappyBirthWay.com](http://HappyBirthWay.com)

## Happy Birth Way

offers online resources including:

- Podcasts
- Class reviews
- Quizzes
- Quarterly newsletter
- Birth Blog

The Thinking Woman's Guide to a Better Birth  
by Henci Goer

Ina May's Guide to Childbirth  
by Ina May Gaskin

Birth from Within  
by Pam England and Rob Horowitz

The Birth Book  
by William Sears, MD,  
and Martha Sears, RN

Bountiful, Beautiful, Blissful  
by Gurmukh

Gentle Birth Choices  
by Barbara Harper, RN

Healthy Eating During Pregnancy  
by W. Allan Walker, MD

The Womanly Art of Breastfeeding  
by La Leche League

The Vaccine Book  
by Robert W. Sears, MD



Happy Birth Way  
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