



The Labor of Love

Are you Hapai (pregnant)?

Are you:

- **Pregnant for the first time?**
- **Eager to learn about pain management strategies for labor?**
- **Aware of the risks and benefits towards you and your baby?**
- **Able to spare 2 hours of your time?**

The Labor of Love Instructional Design team is made up of an OBGYN doctor and two educators from University of Hawaii who are working on their Masters. We are looking for expectant couples to participate in our instructional project.

Whether you prefer medical or non-medical options, we can inform you of strategies to plan accordingly.
And Best of all...IT'S FREE!!

For more information or if you are interested, please contact me by April 14th @ 808-284-7607 or email: jenny.tanaks@gmail.com

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