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HEALTH & WELLNESS



## BORN TO BE BREASTFED

WITH  
MARIE BIANCUZZO RN MS IBCLC



*Dreaming of becoming an IBCLC?*

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### Born to be Breastfed

New shows weekly

**December 10th 2018: Dancing for Birth 101**

By now you've heard all sorts of strategies for how to improve your labor and birthing experience without using drugs. Maybe you can already recite the how-to and benefits of psychoprophylaxis, social support, the birthing ball, water birth, aromatherapy, hypnobirthing (Marie's favorite!) and many more (This show has even featured many of those topics, because the birth experience affects breastfeeding!) But what do you know about dancing for birth? Does dancing make any sense in childbearing? Join Marie and her guest, experienced childbirth educator and dancer, Stephanie Larson. You'll see

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### Featured Guest



#### Stephanie Larson

Stephanie Larson, DFB, CD(DONA), CBE, BFA is the founder of Dancing for Birth™, a program Larson's experience as a doula and mother of mother of 4 with her passion for dance and fitness in a program that teaches a "language of movement" perfect for women in any stage of pregnancy and postpartum women wearing their babies in soft slings or wraps.

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