

Birth Works For Black Women An Afro-Centric Pregnancy Fair

Saturday, June 25th
1-4 PM • Fern Hill Park

NE 37th and Ainsworth
Tri-Met #72, 73, 75

Please RSVP at 503.460.9324
or email ICTC@ictcmidwives.org
Everyone is welcome!



Come Explore our Villages

Meet the doulas and midwives!

Receive giveaways! Have fun and much more!

Birthing Village

Learn about...

- Preventing unnecessary c-sections
- Having a vaginal birth after c-section
- Rebozo, birthing ball techniques, baby wearing
- Birth plans
- Benefits of breast feeding for babies and moms

Massage Village

- Enjoy a **FREE** 15-minute massage by a Licensed Massage Therapist

Healthy Home Village

Hosted by Josiah Hill III Clinic

- How to reduce lead poisoning and keep your home lead-free

Did You Know?

Caesareans alter birth conditions and can cause a genetic imprint in the immune cells that could play a role later in life.

SO WE SAY ONLY WHEN NECESSARY
-NOT FOR PROFIT!



Special Thanks to our Sponsors

International Center For Traditional Childbearing
Oregon Coalition to Improve Birth Outcomes
City of Portland Water Bureau
Josiah Hill III Clinic • Y.O.U.th