

# ICAN of Louisville 2012



[www.icanoflouisville.com](http://www.icanoflouisville.com)

## ICAN of Louisville 2012 Meeting Schedule

All meetings are free and open to the public. Most meetings are held at Louisville Family Chiropractic, 8117 New LaGrange Road (40222), in the Lyndon area (except our December Film Showing). Meetings begin at 7pm, and are typically over by 9. While childcare is not provided, babes-in-arms are always welcome. We welcome everyone at our educational meetings, and ask that only moms in need of support come to our special Support Meetings.

**February 6 @ 7pm - Dancing for Birth Demo Class**, with Jessica Strickland, Birth & Postpartum Doula and Dancing for Birth Instructor

**April 28 - ICAN of Louisville's 5th Birthday Party.** We'll be hosting a family-friendly community birthday party. Details to come!

**May 21 @ 7pm - \*Support Meeting: Creating Safe Boxes** with Nina Berry, birth doula & ICAN of Louisville Outreach Coordinator

**June 4 @ 7pm - Enjoying the Journey, Avoiding the Obstacles**, with Angela Garvin, Certified Lamaze Educator & birth doula, and ICAN professional subscriber

**August 6 @ 7pm - Tips for a Healthy Pregnancy** with Aundria Radmacher, homebirth midwife and ICAN professional subscriber

**September 17 @ 7pm - \*Support Meeting: Sharing Your Birth Story**

**October 1 @ 7pm - Homebirth: A Family Friendly Option**, with Michelle Sanders, CPM and ICAN professional subscriber

**December 3 @ 7pm - "Doula" Film Showing & Meet the ICAN Professionals night**

## The International Cesarean Awareness Network (ICAN)



is a nonprofit organization whose mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting Vaginal Birth After Cesarean (VBAC).

Contact one of our chapter leaders for information on upcoming educational meetings and support meetings, or if you would like information on preventing a cesarean section or having a VBAC.

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<http://www.facebook.com/icanoflouisville>



In another part of Kentucky? Check out ICAN of the Bluegrass & ICAN of Paducah too!