

# Natural Fertility Regulation

- Relieves concern of health effects of chemical contraceptives; easy to learn and is 99% effective when consistently following guidelines.
- Has great success in helping couples achieve pregnancy where the fertility has been in doubt.
- Monitors fertility and reproductive health.
- Can enhance communication and marital relationships.
- Morally acceptable to our Catholic faith.



There will be a two-part Billings Method Class Sunday **July 17th and Aug 14th**. Another 2 part class will be **Sept 4th and Oct. 2nd**. All classes begin at **6:30 p.m.** in the St. Peter and Paul Chapel, St Rita Catholic Church. Cost includes materials and follow-up individual consultation as needed. Parishioners \$60, Non-parishioners \$120

**For more info, see [www.billingslife.org](http://www.billingslife.org)**

Please contact Parish Nurse, Bernadette May, R.N. to register:

[bmay@stritaparish.net](mailto:bmay@stritaparish.net)