



Billings LIFE

Leaders In Fertility Education

The Billings Ovulation Method™

This method is used by millions of women around the world. It was developed by Drs John and Evelyn Billings, validated by eminent international scientists and successfully trialed by the World Health Organization. By learning to identify your natural signals of fertility, you can use the Billings Ovulation Method™ to become pregnant or avoid pregnancy and to safeguard your reproductive health

Relieves concern of health effects of chemical contraceptives; easy to learn and is 99.5% 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.
- Morally acceptable to our Catholic faith.
- .Compatible for use by all women during regular or irregular cycles, breast feeding, post-partum, pre-menopause or after discontinuing contraceptives.

There will be two-part Billings Method Classes;

Oct. 7th and Nov 4th

Dec. 2nd and Jan 6th

**Cost includes materials and follow up for as long as needed. To register contact Bernadette May R.N., Parish Nurse, St Rita Catholic Church,
bmay@stritaparish.net**

www.thebillingsovulationmethod.org
