

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 **Jan. 8th** and **Feb. 5th**. 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

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

bmay@stritaparish.net