

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.
- Compatible for all women during regular or irregular cycles
- Morally acceptable to our Catholic faith.



There will be two-part Billings Method Classes:
February 3rd and March 3rd or
April 7th and May 5th

Both 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.

The Billings Ovulation Method is used by millions around the world. It was developed by Drs John and Evelyn Billings, validated by eminent international scientist and successfully trialed by the World Health Organization.

For more info see

www.thebillingsovulationmethod.org

Please contact Parish Nurse, Bernadette May, R.N. to register: bmay@stritaparish.net