

Sick of the available birth control options?  
Want to identify the fertile days of your cycle?

Want a natural method free of side effects?  
Looking to learn about your hormones?

## COME LEARN ABOUT THE SYMPTO-THERMAL METHOD OF FERTILITY AWARENESS,

where we will talk about:

- What the method is;
- What the method can be used for;
- Misconceptions about the method;
- Our hormonal processes;
- Observable fertility signs;
- Pros and cons to using the method;
- And get questions you have answered.



**Hannah Ransom** teaches the sympto-thermal method of fertility awareness and owns Holistic Hormonal Health. She is passionate about the health of people and the earth. She loves to teach women about their hormones and empower them to take charge of their reproductive health and birth control choices.

### **Civic Media Center**

433 S. Main Street, Gainesville

**August 23rd, 7:00 pm**

FREE

For more info visit

<http://holistichormonalhealth.com>

<http://civicmediacenter.org>