

## **Couple to Couple classes:**

**Cheryl & Alan Hitchings**

**Chris & David VanLieshout**

1. Classes are scheduled regularly by the teaching couples.
2. 3 monthly sessions, plus follow-ups.
3. Cost is \$135 for all training and materials.
4. Supplementary Post-Partum and Pre-Menopausal are also available.

## **Creighton Method classes:**

**Anne Olek**

1. appointments can be made for either Monday, Tuesday or Thursday during the day and any evening or weekend
1. nine visits over the course of one year
2. all sessions are private
3. cost is \$330 for all training and materials