



Natural Family Planning is a way for a couple to monitor their fertility in order to postpone or achieve pregnancy. It is NOT your grandma's "rhythm method"! NFP is research-based, effective, free of harmful side effects and consistent with Catholic understanding of the dignity of the human person. Learning the truth about NFP and its benefits is an important part of your preparation for marriage.

Two options

PRESCRIPTION FOR A LONG HAPPY LIFE TOGETHER

Presented by Dr. Laurie Heap, MD, this session uses current research to look at the benefits NFP has on a woman's health as well as a couple's relationship. Couples appreciate the upbeat atmosphere and relevant dialogue that this session offers. **This session will not teach you how to practice NFP**, but it will give everyone (regardless of your experience of NFP) good insights and skills upon which to build your practice of any method.

CREIGHTON MODEL FERTILITY CARE INTRO SESSION

These introductory sessions are offered in a group setting and give couples all the information they need to understand how to get started. **Only the introductory session is required for Marriage Preparation**, but couples desiring to continue using the method would work individually with an instructor afterward in order to gain confidence with the system.

Register: www.archkck.org/prescription