

**NATURAL FAMILY PLANNING INFORMATION CLINIC**  
**THE BILLINGS OVULATION METHOD**

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*A natural method of achieving or avoiding pregnancy*

- Developed by doctors - based on sound scientific knowledge
- As effective as the Pill when used according to the guidelines
- No side effects or health risks - ecologically friendly
- Used by more than 50 million couples in over 100 countries
- Can assist many infertile couples to achieve pregnancy

*The Billings Ovulation Method has been proven reliable during all stages of a woman's reproductive life*

- Short, long, regular or irregular cycles.
- Pre-Menopause
- Breastfeeding

*"The method provides a valuable guide to a woman's gynecological health."*

*"Whatever your views on contraception, this is knowledge of your body that every woman (and couple) should have."*

**WHEN:**

**Sat. Sept. 17, 1994**  
**7:00 TO 9:00 pm**

**WHERE:**

**St. Pius X Hall**  
**106 Kensington Rd., Parkdale**

***EVERYONE WELCOME***

FOR MORE INFORMATION CALL:  
CHARLOTTETOWN 368-8592 (AFTER 6), SUMMERSIDE AREA 836-3737