

Oklahoma BirthNetwork  
invites you to  
An event in celebration of  
the release of  
**Your *Best* Birth**

by Ricki Lake and Abby Epstein

Hosted by  
**Birth Matters**  
**Childbirth Education Center**

**DATE:** Wednesday, May 13th

**TIME:** 6:00 PM Maternity Clothing Swap  
7:00 PM Telecast with Ricki & Amy

**ADDRESS:** Birth Matters - Childbirth Education Center,  
6701 Broadway Extension, Suite 211

**RSVP:** [okbirthnetwork@gmail.com](mailto:okbirthnetwork@gmail.com)

For every three gently used maternity/nursing clothing items you bring, you can take home two. Unclaimed items will be donated to Sister Barbara Joseph's Pantry.



YOUR BEST BIRTH by Ricki Lake and Abby Epstein  
Hardcover \$22.99/U.S. • ISBN: 9780446538138 • Wherever Books Are Sold



WELLNESS  
CENTRAL