



## **Birth Professionals (doulas, midwives, childbirth educators, massage therapists)**

### **Get 50% off your first massage Choose Swedish, Myofascial/Deep Tissue, Hot Stone or Pregnancy/Postpartum Massage**

Make a massage referral. When your client comes for their first massage, you both receive a \$10 credit.

Hello Birth Professionals,

My name is Kate Katahdin. I am a doula and licensed massage and bodywork therapist serving women and their families in the triangle. For the past 5 years I've acted as a volunteer leader in a mother to mother breastfeeding support group and am the proud mom of two breastfed children. Birth and pregnancy are normal events in women's lives that have incredible power to transform us into mothers, fathers, partners, siblings and families of many different shapes and sizes. Pregnancy massage, labor massage, postpartum massage and doula support services aid expectant mothers and families in this process of listening to their inner knowing, being in the moment, and trusting their body's innate wisdom to do what it is designed to do. Establishing referral networks among birth professionals is very important. Experiencing each others work helps us to make informed referrals with confidence.

#### **Therapeutic Massage & Doula/ Labor Support Service**

Expectant Moms and Dads can both benefit from the stress reducing and relaxation effects of massage therapy during this time of great change and transformation. In addition massage therapy benefits the expectant mom by helping her adapt more easily to her rapidly changing body and by minimizing the discomforts and complications of pregnancy. As a doula / labor assistants I provide emotional and physical support to a woman and her partner, suggest comfort measures, assist with providing information for informed decisions, remind clients of their wishes as expressed in their birth plan and encourage clients to speak for themselves.

Please feel free to contact me for more information and to find out more about a possible referral relationship. I look forward to working with you and making referrals with confidence!

### **Kate Katahdin**

Licensed Massage and Bodywork Therapist  
NC License #05345

Doula / Labor Assistant

Call for an appointment

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