

Family Life Education

2011-2012
CLASSES & EVENTS



Spirit of
Women.



Banner Health

North Colorado
Medical Center[®]

www.BannerHealth.com/NCMCchildbirthclasses

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Our thanks go to Shannon Conner Photography, Your Shades of Life Photographer, for the use of her incredible pictures seen throughout this brochure!

Shannon is able to capture precious memories and can be reached at (970) 346-9412 or shannonconnerphotography@gmail.com.



Congratulations!

You are embarking on the most rewarding and challenging experience of all time ~ childbirth & parenting. We are thrilled that you have chosen North Colorado Medical Center's Family Life Education classes to help you make informed decisions about key issues.

Parents Trust Our Classes to Provide Current, Quality and Unbiased Information

With so much information available online and from other media sources, you may wonder, "Why should I take prenatal classes?" Family Life Education helps you lay a sound foundation for your new family by:

- Teaching life-long techniques that can be applied to situations other than childbirth.
- Providing evidence-based information in order to differentiate between facts and myths.
- Relieving the anxiety about what is to come and how to cope.
- Allowing opportunities to share with others who are experiencing similar life changes.
- Building a trusted relationship with your local hospital so that you will feel safe in a welcoming environment.
- Offering instruction by registered nurses or nationally-certified Childbirth Educators, Certified Lactation Consultants, Massage Therapists or CPR Instructors.

Our Classes Offer Curriculum and Class Formats to Meet Your Current Needs...PLUS Our Support Materials to Sustain You for the Long Term.

Knowledge helps you understand your options! Therefore, Family Life Education provides curriculum and teaching methods that meet your individual learning needs ~ whether that is in the classroom, with private education or through online childbirth education. Additionally, our website offers helpful tools to support your quest for education. Visit www.BannerHealth.com/NCMCchildbirthclasses where you'll find a Personal Pregnancy Planner with week-by-week facts about your baby's development, a Pregnancy Calendar, Parent eNews, "Ask the Experts", Dad's Adventure magazine... and MORE! You can also follow us on Facebook at *Spirit of Women of North Colorado*. You'll find great information to support you in your new role as a parent!

Spirit of Women Offers Opportunities to Continue Your Education... and have some FUN!

North Colorado Medical Center is the only *Spirit of Women* hospital in Northern Colorado! We are dedicated to motivating women to take action for their health and for the health of their families. All *Spirit of Women* events combine fun, entertaining activities with women's health education! Be sure to check page 9 where you will find information about all our events! In addition, registering for Family Life Education classes, entitles you to a FREE membership to *Spirit of Women*.

We are excited that you have chosen North Colorado Medical Center as your resource for women's health, prenatal classes, and breastfeeding support. Browse through our brochure and see what we have to offer! We look forward to meeting you in a class or at *Spirit of Women* events!

Kris Howard, RN, BSN, LCCE, CLC
Manager, Family Life Education & Spirit of Women
(970) 350-6944



Registration

TIPS & GUIDELINES

How do I register?

• **By phone:** Call 970-378-4044

• **Online:** www.BannerHealth.com/NCMCchildbirthclasses

• **By mail:** Kris Howard,
NCMC, 1801 16th St.
Greeley, CO 80631

When should I register?

Our classes fill up quickly, therefore, you should register at the beginning to middle of your second trimester of pregnancy. Since babies are often unpredictable, we recommend that you complete your classes three to four weeks **before** your due date.

How can I pay for classes?

Payment is required to guarantee a seat in class. Cash, check, Visa and Mastercard are accepted. Checks should be made payable to NCMC. Financial assistance and/or payment options may be available for some courses. Call 350-6944 for information.

Where are classes held?

All classes are held at North Colorado Medical Center. Once you've registered you will receive a confirmation letter that gives the location and directions to your classroom(s). Please save this letter and refer to it for directions!

Weather Cancellations

If you need information about class cancellations due to bad weather, call 350-6944. The message will indicate if the class is cancelled. A decision is generally made by 4 p.m. on week-nights or by 7 a.m. on weekends.



Classes for First Time & Expanding Families

- Prepared Childbirth
- Prepared Childbirth in Spanish
- Online Childbirth Preparation
- Labor & Birth for Teens
- HypnoBirthing—The Mongan Method®
- Labor Rehearsal
- Obstetrical Anesthesia
- Massage for Pregnancy & Birth
- Gestational Diabetes
- Boot Camp for New Dads
- Survival Skills for New Parents
- Breastfeeding: Off to a Good Start
- Infant/Child CPR
- Infant Massage
- Sibling Classes
- Private Instruction

What if my schedule doesn't work with any of the classes?

Private instruction and online learning are available as an alternative for those who cannot attend Prepared Childbirth classes, please see page 4 for details.

What if the class I register for is full?

Class sizes are limited and are filled on a first-come, first-served basis. Pick a first and second choice for the Prepared Childbirth class you want to attend. If you request a class that is full, you will be contacted and offered additional options.

What if I can't attend a class I already paid for?

Please notify us before the class series if you are unable to attend a course for which you registered. Your registration fee will be refunded, less a \$10 service charge. Refunds cannot be granted after classes are in session.

Are discounts available?

- By registering for Family Life Education classes, you receive a **FREE** membership to Spirit of Women.
- We now offer two package deals (package deals are only offered with initial registration, no substitution of classes are allowed and no refunds will be given if class is not taken):
 - + Take Prepared Childbirth, Breastfeeding & Boot Camp for New Dads for only \$100; saving \$20
 - + Take Prepared Childbirth, Breastfeeding, Boot Camp for New Dads & Survival Skills for New Parents for only \$120; saving \$25
- Medicaid does not cover the cost of classes, however if you are a recipient of Medicaid or CICP, a 50% discount is available for most Family Life Education classes.
- Some insurance companies will reimburse you for the cost of prenatal classes.





Just for Pregnancy

PREPARING FOR CHILDBIRTH

~ traditional class methods

A childbirth class provides you with a great forum to ask questions and helps you make informed decisions about key issues surrounding the birth of your baby. Feel more confident and relaxed, increase your understanding of birth, discuss your options, tour MFBC and share experiences with other expectant families. To view our pregnancy calendar or for additional information regarding your newborn, please see our website: www.BannerHealth.com/NCMCchildbirthclasses

Topics Include:

- Birth preferences
- Labor & birth
- Pain management & comfort techniques
- Partner's role
- Relaxation & breathing
- Medical Procedures
- Tour of MFBC
- Postpartum

Please note: Breastfeeding & Parenting information is not included in the Prepared Childbirth classes.

Prepared Childbirth 6-week Classes

Dates & Times: Classes meet once a week for six weeks; 6:30-8:30 p.m.

Fee: \$75/couple

2011 Classes

Tue., Sept. 13 - Oct. 18
Wed., Sept. 28 - Nov. 2
Thurs., Oct. 13 - Nov. 17

Mon., Nov. 7 - Dec. 12
Wed., Nov. 30 - Jan 4, 2012
Thurs., Dec. 15 - Jan. 19, 2012

2012 Classes

Thurs., Jan. 4 - Feb. 9
Mon., Jan. 23 - Feb. 27
Wed., Feb. 15 - Mar. 21
Thurs., Mar. 8 - Apr. 12
Mon., Mar. 19 - Apr. 23
Wed., Apr. 18 - May 23
Thurs., May 17 - June 21
Weds., Jun. 13 - July 25 (no class July 4th)

Thurs., Jul. 12 - Aug. 16
Mon., Jul. 30 - Sept. 10 (no class Sept. 3rd)
Wed., Aug. 22 - Sept. 26
Thurs., Sept. 13 - Oct. 18
Mon., Oct. 1 - Nov. 5
Wed., Oct. 24 - Nov. 28
Mon., Nov. 12 - Dec. 17
Wed., Dec. 12 - Jan. 16, 2013

Follow us on Facebook: Spirit of Women of North Colorado



"She was very interactive and made the class fun and not boring!"

~Jara



Prepared Childbirth 2-day Weekend Classes

Dates & Times: Fri., 6:30 - 9:30 p.m. & Sat., 8:30 a.m. - 4:30 p.m.

Please remember that our weekend courses fill up very quickly~register early if your class choices are limited. In addition, weather issues cause challenges for weekend courses. We suggest that you do not plan other events on the Sunday following your class in case we need to reschedule.

Fee: \$75/couple

2011 Classes

Fri. **and** Sat., Sept. 16 & 17
Fri. **and** Sat., Oct. 14 & 15
No class November 2011
Fri. **and** Sat., Dec. 2 & 3

2012 Classes

Fri. **and** Sat., Jan. 20 & 21
Fri. **and** Sat., Feb. 17 & 18
Fri. **and** Sat., Mar. 16 & 17
Fri. **and** Sat., Apr. 20 & 21
Fri. **and** Sat., May 18 & 19
Fri. **and** Sat., Jun. 15 & 16
Fri. **and** Sat., Jul. 20 & 21
Fri. **and** Sat., Aug. 17 & 18
Fri. **and** Sat., Sept. 21 & 22
Fri. **and** Sat., Oct. 19 & 20
Fri. **and** Sat., Nov. 30 & Dec. 1





Just for Pregnancy

PREPARING FOR CHILDBIRTH
~alternative class methods

HypnoBirthing—The Mongan Method®

HypnoBirthing is as much a philosophy of birth as it is a technique for achieving a satisfying, relaxing, and stress-free method of birthing. Through self-hypnosis, special breathing, and visualization, HypnoBirthing teaches you to release all prior programming about birth. You may lessen or even eliminate the discomfort of labor and birth and the need for medication. With HypnoBirthing, you will not be in a trance or a sleep state; you will be aware and fully in control, but profoundly relaxed.

Dates & Times: Tuesdays or Thursdays; 6:30 to 9 p.m.
Fee: \$225 per couple — no discounts apply



2011 Classes

Thurs., Sept. 8 - Oct. 6
Tues., Oct. 25 - Nov. 22
Tues., Nov. 29 - Dec. 27

2012 Classes

Tues., Jan. 17- Feb. 7
Tues., Feb. 28 - Mar. 27
Thurs., Apr. 19 - May 17
Tues., Jun. 5 - Jul. 3
Tues., Jul. 24 - Aug. 21
Tues., Sept. 11 - Oct. 9
Tues., Oct. 30 - Nov. 27
Thurs., Dec. 13 - Jan. 10, 2013

Private Instruction

Private instruction is available for all topics. Class length and content varies according to the preference of the family.

Dates, Times & Place: Your choice
Fee: \$25 for DVD rental
\$45/hour for private instruction.



Just for Teens

LABOR & BIRTH

This class was created for pregnant women ages 19 and under and their support partner. Discussion topics include labor and birth preparation, breathing, relaxation and comfort techniques.

Fee: \$15 (no other discounts apply)

2011 Classes

Tues., Sept. 13, 20 & 27; 4 - 6 p.m.
Sat., Nov. 5; 9:30 a.m. - 4:30 p.m.

2012 Classes

Tues., Jan. 10, 17 & 24; 4 - 6 p.m.
Sat., Mar. 3; 9:30 a.m. - 4:30 p.m.
Tues., May 8, 15 & 22; 4 - 6 p.m.
Sat., July 7; 9:30 a.m. - 4:30 p.m.
Tues., Sept. 11, 18 & 25; 4 - 6 p.m.
Sat., Nov. 3; 9:30 a.m. - 4:30 p.m.

Online eLearning Childbirth Preparation

The best method of learning childbirth preparation information is in a classroom setting. However we understand that this option is not always feasible for everyone.

Therefore, we offer an online education program that allows you to learn from home ~ on your own schedule. Codes are provided to access the eLearning program and are valid for two weeks from the date of issue. Therefore, please plan accordingly, as codes cannot be extended beyond the two-week period without an additional \$75 payment. eLearning is especially helpful for moms who have been placed on bedrest, couples whose schedules don't allow for class attendance, or for couples who have previously taken a childbirth class and desire to enroll in a refresher.

Your \$75 fee includes:

- eLearning Program
- One evening of labor rehearsal with our childbirth educators. You will have the opportunity to practice breathing, relaxation & comfort measures.

To preview or register for the eLearning program, please see our website: www.BannerHealth/NCMCchildbirthclasses

You may also call 970-378-4044 to register.





Just for Health

FOCUSING ON OPTIMAL WELLNESS

Massage for Pregnancy & Birth

Throughout pregnancy, a woman's body goes through many changes, so take this class as early as possible during pregnancy to obtain the maximum benefit! Learn specific massage techniques that increase your comfort... then use them during labor, after pregnancy and even with your partner!

Dates & Times:

Classes held two Tuesdays, 7-8:30 p.m.

Fee: \$25/couple



2011 Classes

November 8 & 15

2012 Classes

March 20 & 27

July 24 & 31

November 13 & 20

Living Well with Pregnancy & Diabetes: A Healthy Pregnancy, A Healthy Baby

Taught by North Colorado Medical Center Diabetes Educators, this two hour class focuses on teaching women with Diabetes (type 1, type 2, or Gestational Diabetes) the skills needed to take care of themselves during pregnancy. The goal is to help you and your baby stay healthy. Topics covered:

- Healthy Eating
- Being Active
- Blood Glucose Monitoring
- Taking Medication
- Problem Solving
- Healthy Coping
- Reducing Risks during pregnancy

Dates & Times:

Please call 392-2344 to pre-register and for information on dates, times and locations.

Fee: \$10 (due at time of class)

Bring your blood glucose monitor and a 3 day food record to the class.

Infant Massage

Your baby will benefit physically and emotionally from the massage techniques, while providing you with an opportunity to spend time with your baby. This class is designed to be taken after your baby is born; however, a doll can be used in order to learn the techniques if classes don't coincide with your due date.

Dates & Times:

Two Saturdays, 9-10 a.m.

Fee: \$25/family

2011 Classes

September 17 & 24

2012 Classes

January 14 & 21

May 12 & 19

September 15 & 22





Just for Parenting

PLANNING TO BRING BABY HOME

Survival Skills for New Parents

Babies don't come with instructions, so this class is designed to give you plenty of information related to the first six months of parenting. The class addresses many topics including: signs of illness, when to call the doctor, crying and sleeping, safe baby products, starting solid foods, bathing and day-care.

Dates & Times:

Saturdays, 9 a.m. - 12:30 p.m.

Fee: \$25/couple

2011 Classes

August 13
October 8
December 10

2012 Classes

January 14
March 10
May 12
July 14
September 15
November 10

Breastfeeding: Off to a Good Start

Designed for expectant parents who are considering breastfeeding... learn about benefits of breastfeeding, how breast milk is produced, pumps, returning to work, how to get off to a good start and avoid common difficulties. The class is intended to be taken during your last trimester and is coordinated with NCMC's lactation services and free breastfeeding clinic.

Dates & Times: Saturdays, 9 a.m. - noon

Fee: \$25/couple

2011 Classes

September 10
October 1
November 5
No class Dec. 2011

2012 Classes

January 7
February 4
March 3
April 7
May 5
June 2
July 7
August 4
September 8
October 6
November 3
No class Dec. 2012



Infant/Child CPR

This is one of the most important classes a new parent, grandparent or family member can take! Participants will learn infant/child CPR and how to treat choking, although no certification will be provided.

Dates & Times:

2011 Classes: Sat., 9 - 11:30 a.m.

2012 Classes: Sat., 1 - 3:30 p.m.

Fee: \$15/person

2011

August 13
October 8
December 10

2012

February 11
April 14
June 9
August 11
October 13
December 8





Just for Men

BOOT CAMP FOR NEW DADS

For men... taught by men... no women allowed! You will be oriented to all of the aspects of new fatherhood by the experts... our head coach, *plus* new fathers and their babies. Learn about the gatekeeper phenomenon; troubleshooter's guide to crying babies, caring for your new baby (dad style), caring for the new mom, and balancing work and family. Your Boot Camp registration fee actually includes two workshops... your "rookie" experience as an expectant father; **and** the opportunity to show off your baby and share your wisdom when you are a "veteran dad."

To read "Dads Adventure," our magazine for new dads, please see our website: www.BannerHealth.com/NCMCchildbirthclasses

Dates & Times: Saturdays; 9 a.m. - noon

Fee: \$20/includes both Rookie & Veteran dad classes

2011 Classes

September 10
October 1
November 5
No class Dec. 2011

2012 Classes

January 7
February 4
March 3
April 7
May 5
June 2
July 7
August 4
September 8
October 6
November 3
No class Dec. 2012



Both instructors were very confident and encouraging which just made me more confident.

~Michael



Just for Little Ones

CLASSES FOR KIDS



Welcoming a new baby is exciting, but it can also be stressful — especially for the smallest members in your family. Ease the transition for your child by attending New Baby Day Camp, a unique event offering a fun and interactive "hike" where kids learn: What a new baby looks like, how to become a "big helper", and how

to make friends with the new baby. To read our "Parent E-News" or to obtain additional health information for your kids, please see our website: www.BannerHealth.com/NCMCchildbirthclasses. Follow us on Facebook: *Spirit of Women of North Colorado*. For more information on kids' health please see the following website: www.kidshealth.org

Dates & Times: Saturdays, 9:30 – 10:45 a.m.

Fee: \$15/child or \$18/two or more children.

Ages: 3 - 8

2011 Classes

September 24
October 22
No class Nov. 2011
December 17

2012 Classes

January 28
February 25
March 24
April 28
May 26
June 23
July 28
August 25
September 29
October 27
November 17
December 29



Just for Information

EXPANDING YOUR KNOWLEDGE

Breastfeeding Support

NCMC's Certified Lactation Consultants help moms with breastfeeding questions and concerns at drop-in sessions held in Greeley, Windsor, and Johnstown. Latch-on, positioning, baby's weight gain, breast tenderness, and other issues are addressed. No appointment necessary! Free to mothers who deliver in a Banner hospital (NCMC or McKee). If you did not have your baby at a Banner hospital, there is a one-time fee of \$45 for unlimited visits.

NCMC Location, Dates & Times:

North Colorado Medical Center
MFBC Classroom
1801 16th St., Greeley, CO 80631
Weekdays from 12:30 - 3 p.m.

Windsor Location, Dates & Times:

Medical Arts Centre of Windsor
1300 Main St., Windsor, CO 80550
Monday & Friday; 9:30 - 11:30 a.m.

Johnstown Location, Dates & Times:

Johnstown Family Physicians
222 Johnstown Center Drive,
Johnstown, CO 80534
Wednesdays; 9:30 - 11:30 a.m.



Monfort Family Birth Center Tours

Tours are available for expectant families. We will meet in the Main Lobby across from the Atrium Apothecary. You'll see our birthing rooms, nursery and postpartum areas. You can pre-register for your hospital stay on-line, or at the time of your tour. **Please note:** 6-week and 2-day Childbirth classes, and sibling classes include a tour; therefore, do not sign up if you are registered for one of these classes.

Dates & Times:

One time a month on a Saturday, 11 a.m. - noon, and a Tuesday, 6:30 - 7:30 p.m.

Fee: Tours are free; however, space is limited so registration is required.

Labor Rehearsals

This class is an option for:

- Couples who are already parents and desire to refresh their breathing and relaxation skills.
- Expectant parents who have taken a childbirth class and want additional practice for more intervention-free methods of laboring and birthing their baby.
- Expectant parents who rented a DVD or prefer to receive information in a private setting.

Dates & Times:

One Tuesday evening a month, 7:30-9 p.m., please call 970-378-4044 for current dates.

Fee: \$20/couple for a 1½ hour session

Prepared Childbirth in Spanish

This class is for anyone who prefers to learn in Spanish. For more information in Spanish, or for a flyer printed in Spanish, call 970-350-6709, Monday - Friday from 8 a.m. - 3:30 p.m. English speaking personnel are always available at 970-378-4044.

Dates & Times:

Second Saturday of every month, 8:30 a.m. - 12:30 p.m.





Spirit of Women

EVENTS & OPPORTUNITIES

North Colorado Medical Center's Spirit of Women is dedicated to sponsoring events throughout the year that feature health education topics, Spirit Business Partners, and of course... entertainment and FUN! An enjoyable way to feed your mind, body and soul!



Monthly Event Series

"The Red Shoe Series ~ Step Up to Wellness," or "Get in the GAME of HEALTH!" features education and entertainment! They combine such topics as Weight Loss and dressing thinner, Plastic Surgery with foundational garments and skin care; Sleep, plus pajamas and bedding; Build a Better Brain, Come In from the Cold & Flu with English Tea & Scones, Pelvic Hoopla ~ Answers to your Questions; Cardiovascular Health & dancing. So... gather your friends and come for entertaining activities and valuable health information!

Spirit Girls' Night Out

Your Best Health is in the Bag~A Night Filled with "Purse-onality!" Enjoy a special night out with girlfriends, sisters, daughters and mothers! Lift your spirits with comedy delivered by the "purse-onable" actresses from "Girls Only ~ The Secret Comedy of Women." Be "purse-uaded" to seek your best health from the experts at NCMC. Coming to the University of Northern Colorado Ballroom. Thursday evening, October 13, 2011 October 2012, date to be determined For complete details, call 970-392-2222 or visit www.BannerHealth.com/NCMCspirit

Spirit Membership Program:

Become part of the Spirit Membership Program! Though not a requirement for participating in our innovative events, it is another opportunity to nurture your well-being and enrich your lifestyle. For a one-time fee of only \$20, (waived if you participate in Family Life Education courses) you will become a lifetime member and enjoy these benefits and more:

- Valuable discounts at our Spirit Business Partners
- Free or discounted admission to Spirit events
- Spirit Magazine, Newsletter & Online Health Information

Focusing on Wellness

Cooking Classes

Come learn fun and healthy cooking options, taught by a registered dietician.

Yoga Classes

Practice Yoga in a nurturing environment with focus on individual needs, lots of encouragement and patience! We offer classes for all levels of physical ability, even during pregnancy!

Safe Sitter Classes

Designed for 11-13 year-olds, students learn care of the choking infant and child, babysitting as a business, safety for the sitter, injury prevention and management, preventing problem behavior and MORE!



Obstetrical Anesthesia: Hard to Spell, Hard to Understand

A great opportunity to have your questions answered by the experts. Whether you have given birth previously, or if this is your first time, spend an hour with the NCMC Anesthesia Department! Learn all about your options for anesthesia during labor and birth. There is no cost to attend and refreshments will be served.

Tuesday, Oct. 11, 2011; Jan. 12, Apr. 10 and July 10, 2012
7 - 8 p.m.

NCMC CardioVascular Classroom
For reservations, please call (970) 378-4044



For more information please call (970) 392-2222 or visit

www.BannerHealth.com/NCMCspirit



Follow us on Facebook at Spirit of Women of North Colorado

Spirit of Women



Mail-in REGISTRATION FORM

For Office Use Only

Database # _____

Process Date: _____

Check #: _____

Confirmation Letter: _____

Name _____ Date of Birth _____ Your Due Date _____

Birth Partner's Name _____ No. of this Pregnancy _____ Physician _____

Home Address _____ City _____ Zip _____

Daytime Phone _____ Evening Phone _____ Email _____

Class Choices

Date

Fee

- Prepared Childbirth 1st Choice _____ \$ 75
2nd Choice _____
2nd choice must be a date later than your first choice
- HypnoBirthing (\$175 for 2011 only) _____ \$225
- Breastfeeding—Off to a Good Start _____ \$ 25
- Boot Camp for New Dads _____ \$ 20
- Survival Skills for New Parents _____ \$ 25
- PACKAGE #1:** Prepared Childbirth,
Breastfeeding & Boot Camp for New Dads \$ 100
- PACKAGE #2:** Prepared Childbirth,
Breastfeeding, Boot Camp for New Dads
& Survival Skills for New Parents \$ 120
- Obstetrical Anesthesia _____ FREE

Class Choices

Date

Fee

- Labor & Birth for Teens _____ \$ 15
- Massage for Pregnancy and Birth _____ \$ 25
- Infant/Child CPR _____ \$ 15/person
- Infant Massage _____ \$ 25
- New Baby Day Camp _____ \$ 15/child
or \$18/for 2 or more children
- Names of Siblings: _____ Gender and ages: _____
- _____
- Online Learning _____ \$ 75
- Private Instruction We'll contact you to set date \$ 45/hour
- Labor Rehearsal _____ \$ 20
- DVD Rental _____ \$25/week

Registration refund deadline: One week prior to session start

Total enclosed _____ \$

Do you qualify for Medicaid or CICP discounts? Yes No Medicaid/CICP Card Number _____

Credit Card # _____ - _____ - _____ - _____ Expiration Date _____ / _____

Name Printed _____ Signature: _____

Please make your check payable to: **North Colorado Medical Center**

To use this form for registration, you can fill it out, fold, seal and mail it to:

North Colorado Medical Center, Kris Howard, MFBC, 1801 16th Street, Greeley, CO 80631

For more registration options, please see our website: www.BannerHealth.com/NCMCchildbirthclasses or call 970-378-4044



Registering for Family Life Education classes entitles you to a FREE membership to Spirit of Women. Your membership provides valuable discounts at local businesses, health information, a subscription to Spirit Magazine, and special invitations to Spirit of Women events. One of the purposes of the Spirit of Women Membership Program is to evaluate the utilization of North Colorado Medical Center services by members. Your information may be utilized in this manner by North Colorado Medical Center.

I agree to the terms of the Spirit of Women Membership Program.

Signature: _____ Date: _____

For more information, please see our website: www.BannerHealth.com/NCMCspirit