

# Birth & Baby Prep

Informed ~ Inspired ~ Empowered



## COURSE OFFERINGS:

- “Microbirth” Prenatal class  
Learn how to nurture & protect your baby's microbiome!
- Birth & Baby Prep series  
Including Janet Balaskas's Active Birth workshop
- Breastfeeding Essentials  
Self-Paced, Video-Based + Live Classes & Support!



*Leah Lissauer*

Leah Lissauer | MSc in Midwifery | Licensed & Certified Professional Midwife (inactive)  
Certified Janet Balaskas's Active Birth Instructor | Certified Microbirth Approved Provider

[www.birthandbabyprep.com](http://www.birthandbabyprep.com)

[birthandbabyprep.leah@gmail.com](mailto:birthandbabyprep.leah@gmail.com) | +351 935.544.631