

# DISCOVER YOUR UNIQUE PATTERN OF FERTILITY AND INFERTILITY

Natural Family Planning helps couples:

- ◆ Become aware of their own fertility
- ◆ Understand their body's natural processes
- ◆ Plan and space their children



Learn more about the scientific data that supports NFP as a viable method of family planning, and how it benefits the environment, your health and your faith.

## Find out More About NFP

**Join Us:** Saturday, April 22nd from 9:30—12:30 am  
700 King St. West, Hamilton (Chancery Office)

**Presenter:** Rose Heron, Natural Family Planning  
Association of Ontario

No charge; to register call 905-528-7988 ext. 2249 or on  
line at: [http://hamiltondiocese.com/offices/  
family-ministry/natural-family-planning/](http://hamiltondiocese.com/offices/family-ministry/natural-family-planning/)