

Registration Information

To register or seek more information, call **One More Soul** at (937) 279-5433 (in Dayton) or (800) 307-7685. You may also register by sending us your contact information and a brief statement of your NFP experience and reasons for wanting to teach NFP. Mail to **One More Soul**, 1846 N Main St, Dayton OH 45406. Registration deadline is 15 March 2005.

The Training will be done at *One More Soul*. Cost of this NFP Teacher Training is \$325 for 30 hours of instruction, basic course materials, snacks and lunches. Additional resources will be available for purchase at the Training and may be needed for you to begin offering NFP Classes.

During the six-month practicum following this Teacher Training, you will teach and work with clients learning the *Ovulation Method*. You will review their charts with

them and document your observations for review by an experienced Family of the Americas Foundation Teacher. This can be done by fax, mail or email. The period of mentoring and monitoring by a Family of the Americas Foundation Certified Teacher will give you the experience and confidence needed for full certification.

Commencement will follow the Mass celebrating the Feast of the Annunciation of the Lord at 7:00 pm St Charles Borromeo Church Reverend Gerald R. Haemmerle, Presiding

For information regarding nursing contact hour approval please call: 800-307-7685 or 937-279-5433.

Janet M Bettcher, RN, BSN

Janet Bettcher has taught the Ovulation Method and served as the Executive Director of the *Natural Family Planning Program of St. Joseph County, Inc* (South Bend, Indiana) for over 25 years. She also has extensive experience in Surgical, Medical, Emergency, and Rehabilitation Medicine. Janet is a graduate of the *Family of the Americas Foundation's Master Teacher Institute* and has trained many OM Teachers.

Auxiliary Faculty and Subjects:

"Physiology of NFP—Personal and Medical Experience" ~ Dr Ann Moell, MD, NFP-Only Family Practice Physician, *Holy Family Prenatal Care*

"Theology & Philosophy of NFP" ~ Steve Koob, PhD, Director & Co-Founder of One More Soul

Are **you** CALLED

to be a

***Natural
Family
Planning
Ovulation Method
Teacher?***

Train with

Janet M Bettcher, RN, BSN,
Master Teacher
Family of the Americas Foundation

1, 2, 3, & 4 April 2005

Sponsored by
One More Soul
1846 North Main Street
Dayton, Ohio 45405



ONE MORE SOUL

The Ovulation Method
of
Natural Family
Planning
is the
Worldwide Best
Known, Most Simple,
Highly Effective
Natural Method for
Achieving or
Postponing Pregnancy

**UNDERSTAND YOUR FERTILE
& INFERTILE DAYS**

- keep accurate records to confidently identify the fertile and infertile phases of your cycle
- understand your body and how changes in diet, travel and exercise impact your overall health
- accurately plan the conception and the birth of your children
- ideal for women who are breastfeeding
- effective for women discontinuing the Pill, Norplant, IUD or Depo-Provera
- effective for perimenopausal women

Ovulation Method

The Ovulation Method is:

- not the old "rhythm method"
- not the temperature method
- based on the recognition of natural signs of fertility that appear for a few days during the woman's menstrual cycle.

The Ovulation Method is a universal scientifically proven method, researched by Drs John and Evelyn Billings and confirmed by the scientific research of famous endocrinologist Dr James B Brown. This method is based on recognizing the natural signs of fertility that appear for a few days during the woman's menstrual cycle. Family of the Americas (FAF) was instrumental in simplifying the teaching and charting system of the Ovulation Method that made it applicable for worldwide use.

By keeping accurate records, a woman can now confidently identify the fertile and infertile phases of her cycle. Women with long or irregular cycles, breast-feeding mothers, and even those going through perimenopause or discontinuing artificial methods of family planning can use the Ovulation Method safely and effectively.

Schedule

Fri—Sun	1—3 April	
8:30am—5:30pm		Class
Monday	4 April 2005	
8:30am—4:30pm		Class
5:00pm		Dinner
7:00pm		Mass

Master Teacher
Training
Course Content

1. Natural Family Planning & the Ovulation Method
2. Anatomy & Physiology
3. Ova, Sperm, and Cervical Mucus
4. The Reproductive Cycle
5. Observation & Charting
6. Achieving Pregnancy
7. Avoiding Pregnancy in Different Types of Cycles; Basic Infertile Pattern
8. Breast-Feeding
9. Pre-Menopause
10. Comparison of the Ovulation Method with Artificial Methods of Birth Control
11. Teaching
12. Other NFP Methods