

FOR IMMEDIATE RELEASE
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Renowned midwife Ina May Gaskin to present two programs in Capital Region

Seton Health, BirthNet and New York Friends of Midwives will present for *Your Body Works! Reclaiming Trust in Women's Bodies During Childbirth*, presented by celebrated midwife Ina May Gaskin, Friday, April 25, at Sage College of Albany.

Ms. Gaskin is an internationally-known activist, speaker and author on pregnancy and childbirth. A homebirth midwife for more than two decades, she has been called the "Mother of all Midwives," and has been credited with the resurgence of midwifery in the US.

Ms. Gaskin is the founder and director of The Farm Midwifery Center in Tennessee; editor of *The Birth Gazette*; and author of *Ina May's Guide to Childbirth*, *Spiritual Midwifery* and *Babies, Breastfeeding, and Bonding*. She also developed the Gaskin Maneuver, a technique for resolving shoulder dystocia during childbirth.

Topics Ms. Gaskin will discuss include: why one out of four women has a Cesarean section; what women need to know to improve their health and safety during pregnancy and childbirth; and how women can trust their bodies during the natural process of giving birth. There will be a book signing following the program.

The event takes place from 7:30 to 9:30 p.m. in the Opalka Gallery, 140 New Scotland Ave. Tickets are \$15, or \$10 for students with ID. Parking is free.

Workshop

In addition to the public event, Ms. Gaskin will hold a workshop for maternity providers and students. *Strategies for Reducing the Primary Cesarean Section Rate* takes place Friday, April 25, at St. Mary's Hospital in Troy from 10 a.m. to 3 p.m.

During the workshop, Ms. Gaskin will teach strategies and actions for reducing a patient's need for a Cesarean. In addition, she will discuss low-tech induction and pain management options; the short- and long-term effects of abdominal surgery; and the problems associated with single-layer suturing.

Advance registration for the workshop is required by April 23. The fee is \$60 for advance registration, or \$70 at the door, and includes lunch and CEU processing. Check-in and on-site registration begins at 9:30 a.m. Parking is free.

For information on either program, call Carolyn Keefe, 482-2504, or Ellen Harris-Braun, 781-0465. Cash, check and PayPal are accepted for both programs; PayPal is available through www.birthnewyork.org.

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BirthNet is a non-profit organization whose mission is to educate the public about maternity care in order to improve it. Childbirth is a normal, natural and profound event in a woman's life. BirthNet's goal is to encourage all women and families to learn about their rights and options. Our primary programs include education in the classroom (high school or college classes), community forums or workshops, and media outreach. BirthNet has endorsed the Mother Friendly Childbirth Initiative and supports the Midwives Model of Care. For more information about BirthNet, please contact Carolyn Keefe 518-482-2504 or birthnetalbany@yahoo.com.