# UPMC Mercy Health Center

# Natural Family Planning CM-BBT\* Classes

Monday, February 26, 2018 6:30 pm-9:30 pm

Monday, April 9, 2018 6:30 pm-9:30 pm

Monday, June 11, 2018 6:30 pm-9:30 pm

Monday, August 13, 2018 6:30 pm-9:30 pm

Monday, October 8, 2018 6:30 pm-9:30 pm

Monday, December 3, 2018 6:30 pm-9:30 pm

**\* pre-registration is required \***

Pre-registration and pre-payment are required. Participants may register online at <http://UPMC.com/classes> (the class is listed as “Natural Family Planning CM-BBT”), or by calling the UPMC Referral Service at 1-800-533-UPMC (8762).

\*CM-BBT is the Cervical Mucus-Basal Body Temperature method of Natural Family Planning.

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