



## Catholic Diocese of Columbus

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# News

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### **Natural Family Planning Classes Offered**

COLUMBUS – A five-session Natural Family Planning (NFP) workshop will begin Tuesday, January 20, 2009, at St. Cecilia Catholic Church, 434 Norton Rd., Columbus. The classes, held from 7 to 9 p.m., will continue on Tuesdays: February 3 and 17<sup>th</sup>, March 24 and April 21. Participants should expect to attend all five classes.

Offered through the Catholic Diocese of Columbus Marriage and Family Life Office, NFP classes offer a combination of Sympto-Thermal and Ovulation methods. These classes are designed to assist couples in achieving or postponing pregnancy while strengthening their marriage relationship.

The registration fee is \$60 per couple, which includes required course materials. Financial assistance is available.

Couples who are nationally certified by the Natural Family Planning Program of the United States Conference of Catholic Bishops serve as instructors. For more information regarding this method of family planning/fertility awareness or to register, call the Marriage and Family Life Office at (614) 241-2560 or e-mail [flomailbox@colsdio.org](mailto:flomailbox@colsdio.org).