

20073-291-079

P.O. Box 228

Westport

26.9.87

13/10/87

Hi,

I am writing to you as I have had no reply from the address that was given to me for the West Coast branch of the Home Birth Assoc. (ie % S & C Johnson, Campertown Rd, Ngahere), & do not know the Christchurch address.

What I am interested in is information on diet, exercises etc during pregnancy, as we are planning on starting a family shortly. I don't think it would be possible to have a homebirth in our locality, but would like to do everything else the best way we can.

Could you send us any information (we would be happy to reimburse the cost of this) or recommend any books we should read.

Thank you  
Cathie Edwards.