

## HOME BIRTH OR BIRTH CENTER

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CALL TODAY FOR A FREE  
CONSULT OR TO MEET ONE OF  
OUR MIDWIVES!

WE WOULD BE HAPPY TO ANSWER ANY  
QUESTIONS YOU HAVE ABOUT A SAFE  
NATURAL BIRTH

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### AMERICAN FORK

AMY IHRIG 801-773-2503  
[www.joyfulbirthmidwife.com](http://www.joyfulbirthmidwife.com)

### MORONI

DIANNE BJARNSON 801-367-1981  
[www.sunstonematernity.com](http://www.sunstonematernity.com)

### OREM

ANGELLA MENDENHALL 801-427-8639  
[www.heartandhandsmaternity.com](http://www.heartandhandsmaternity.com)

### PLEASANT GROVE

RAILI BJARNSON 801-380-9316  
[www.sunstonematernity.com](http://www.sunstonematernity.com)

### SALEM

KAMIE DANGERFIELD 801-895-1199  
[www.deseretmidwife.com](http://www.deseretmidwife.com)

### SPANISH FORK

MELODY DICKEN 801-836-4559  
[www.](http://www.)

### TOOELE

ALDA MILLS 801-750-4575  
[www.healingmidwife.org](http://www.healingmidwife.org)

### WEST VALLEY CITY

CHRISTIE BIGHAM 801-819-2480  
[www.heritagematernitycare.com](http://www.heritagematernitycare.com)

## MATERNITY CARE

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### RESPECTFUL EXPERT CARE

We utilize our diverse backgrounds and expertise to give respectful, hands-on, evidence-based care.

We collaborate professionally to problem solve, back each other up, and refer so the mother can experience the best prenatal, birth, and postpartum care.

We follow the Midwives Model of Care which is focused on the needs of the mother and her family.

We trust in the inherent ability of a woman's body to successfully birth a baby.

We support the mother as she makes responsible, educated choices about her baby, her body, and her birth experience.

We work with the mother to create safe, supportive and individually tailored experiences during her childbearing year.

## NATURAL BIRTH

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If you need a midwife to assist you through the journey and joy of birth, this is the place to find a provider who you can trust to support your needs and walk through any questions you may have for a safe and healthy experience.

PROFESSIONAL MIDWIVES WORKING IN  
COLLABORATION



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