

*Natural Family Planning: not only the moral choice but...*

*Did you know...*

- NFP builds stronger marriages by increasing communication between spouses?
- NFP involves no barriers (physical or otherwise) between husband and wife?
- NFP is completely natural?
- NFP is based on scientific research?
- NFP is not the old-fashioned Rhythm Method but treats each woman's body as unique?
- NFP is 99% effective in avoiding or postponing pregnancy?
- the divorce rate for NFP-practicing couples is only 2-5%?
- NFP can be used by any married couple?
- NFP can also help you achieve pregnancy?

Learn more...

Call or e-mail Deborah Irwin  
815.399.4300x382  
dirwin@rockforddiocese.org  
[www.rockforddiocese.org/nfp](http://www.rockforddiocese.org/nfp)