

Hi [INSERT MANAGER'S NAME]--

I've found an online, data-driven masterclass to support postpartum health and recovery. It's called The New Postpartum, and I'm writing to request your approval for partial or full reimbursement.

In exploring the course overview, it looks like this experience will provide prevention strategies for severe postpartum complications, as well as science-backed tools to support emotional and physical health. My hope is that, by preparing well for the postpartum period, I'll be able to recover more quickly and healthfully.

Here's what's included:

- Live instruction (from April 23rd-May 31st) with world-leading experts on postpartum care, including Emily Oster, Ashurina Ream, and Sara Reardon.
- 12.5 hours of live classes covering nutritional health, emotional health, relational health, hormonal health, data-driven parenting strategies, and infant care skills.
- Support from psychologists specializing in women's health and a personalized, cohort-based approach to community support.

You can view more specific information about the course here: [insert link]. This is a virtual course that I can take from anywhere. I won't need to take time off work or incur additional expenses for lodging or travel. Altogether the total cost is \$795.

Thank you in advance for your consideration of my request. I would be happy to provide any documentation you need related to my participation.

Sincerely,
[Your name]