

NEWS RELEASE

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BOTHWELL OFFERS CHILDBIRTH EDUCATION IN WARSAW *Free Classes Begin in March*

WARSAW, MO – Expectant parents in Benton County can be prepared for the arrival of their newborn by taking classes offered in Warsaw.

Bothwell Regional Health Center will begin its childbirth education classes in March at Bothwell Health Center-Truman Lake in Warsaw.

“While any expectant parents are welcome to take classes at our Sedalia campus, offering classes in Warsaw will make it more convenient for people in Benton County to get the information they need,” said Community Outreach Coordinator Sarah Nail.

Bothwell offers its “Labor and the Birthday Party” and “Breast Feeding or Thinking About It” classes on a bimonthly basis in Warsaw. All childbirth classes are offered free of charge.

“It’s important for new mothers and fathers to know what to expect before they arrive at the hospital to deliver,” said Women’s Health Director Lana Kelly. “The information in these classes helps ease anxieties and gives parents the best birth experience possible.”

“Labor and the Birthday Party,” which includes two sessions, provides an overview of labor, delivery and post-partum care. Parents-to-be learn what to expect emotionally and medically, as well as relaxation and breathing techniques to use during labor. “Breast Feeding or Thinking About It” offers information about successful breast feeding techniques and gives expectant mothers the opportunity to ask questions.

The first labor and delivery class offered this year is scheduled for March 13 and 15. The breast feeding class is set for March 12. All classes start at 6:30 p.m. at Bothwell Health Center-Truman Lake, 1765 Commercial St., in Warsaw. The remainder of the 2012 classes will occur in May, July, September and November.

For more information and a complete schedule, visit www.brhc.org. Contact Sarah Nail at (660) 827-9138 or e-mail classes@brhc.org to register.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopedic, cardiovascular, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit the Web site at www.brhc.org.