

NEWS RELEASE



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For Immediate Release

HALIFAX REGIONAL ANNOUNCES SCHEDULE OF CHILDBIRTH CLASSES FOR NEW YEAR.

Halifax Regional has announced its schedule of Childbirth classes for 2011. Prepared childbirth classes for expectant parents are held on week nights and on weekends for the convenience of those attending. Four sessions will be held in 2011.

Session one of the weekend class will be held Saturday, January 8. Other weekend classes will be held April 2, July 23 and October 15. Classes are from 9:30 a.m. until 3 p.m.

Session one will be held February 1, 8, 15 and 22. The other sessions begin in May, August and October. Classes are held from 6 p.m. until 7:15 p.m.

Both week nights and weekend classes are held at the Halifax Medical Plaza—Annex Classroom.

“The class focuses on the process of labor and delivery, the post-partum period and newborn care,” said Lori Moseley, RN, childbirth educator. “The topics include relaxation and breathing techniques and comfort measures.”

Halifax Regional also offers a Baby Care Class at 6 p.m. on January 18, April 12 and July 19.

In addition, the medical center offers a Sibling Classes for children from 2-7 on March 10, June 9 and September 8 at the Birthing Center.

Health Pregnancy classes are scheduled at 2 p.m. Mondays at The Birthing Center.

For more information, fees and how to register, visit www.halifaxregional.org and click on The Birthing Center.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.