NEWS RELEASE

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For Immediate Release

HALIFAX REGIONAL SCHEDULES CHILDBIRTH CLASSES FOR 2012
Classes Begin in January

ROANOKE RAPIDS, NC (December 23, 2011)—Halifax Regional has announced its schedule of childbirth classes for 2012.

The Medical Center offers two series of prepared childbirth classes for the convenience of expectant parents on week nights and on weekends.

The week night classes are held from 6 to 7:15 p.m. on Tuesdays in Building 1 of Halifax Medical Plaza on the campus of Halifax Regional. The first series of classes will be held on January 31, February 7, 21, and 28.

Two weekend classes will be held during the first quarter of 2012, January 7 and March 3.

"The classes focus on the process of labor and delivery, the post-partum period and newborn care," says Lori Moseley, RN, childbirth educator.   "The topics include relaxation and breathing techniques and comfort measures."

The fee to participate in the classes is $40 per couple and registration is required. For information, contact Moseley at 252 535-8702 or lmoseley@halifaxhrmc.org.

Moseley is a graduate of UNC-CH and earned her degree in nursing from Halifax Community College.

Halifax Regional also offers a baby care class six times a year. The first class will be held January 17.   The classes are from 6 to 7:30 p.m., and registration is required. The fee is $10 per couple for this class.

In addition, Halifax Regional sponsors a breastfeeding support group, which meets from 1 to 2 p.m. on Wednesdays. Contact Cynthia Eaton, RN at 252 535-8277 or ceaton@halifaxmc.org for more information.

A complete schedule of classes is available by visiting www.halifaxregional.org. 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.