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FOR IMMEDIATE RELEASE

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CHILDBIRTH CLASSES SCHEDULED AT NMMC WOMEN'S HOSPITAL

TUPELO, Miss.—The North Mississippi Medical Center Women's Hospital is offering several educational opportunities for expectant parents.

After their seventh month of pregnancy, women are encouraged to plan a pre-admission visit to the hospital at 1 p.m. any Tuesday, Wednesday or Thursday. Information is provided about the hospital stay and transition from hospital to home, as well as a tour of the facility.

The **Preparation for Cesarean Birth** class is designed to prepare parents for a planned or repeat Cesarean delivery. The free class will meet from 6:30-8:30 p.m. Thursday, Feb. 4.

An intensive weekend **Lamaze course** will be offered from 9 a.m.-5 p.m. Saturdays, Feb. 6 and 13, for anyone who is short on time or has a conflicting work schedule. Lamaze classes provide information about natural pain relief options as well as epidural anesthesia. Participants also learn about breastfeeding and the early postpartum period, as well as healthy lifestyles for pregnancy and beyond.

Sibling Class, designed to prepare children age 3-9 for the arrival of a newborn, will begin at 10 a.m. Saturday, Feb. 20. Children are taught what a newborn looks like and does, as well as how they can help care for their new brother or sister.

A free **Grandparenting Class** is also offered Feb. 20 to discuss the unique role played by grandparents of a newborn. The class meets from 1-3 p.m.

The **Breastfeeding Class** is designed for women who have chosen to breast-feed as well as for women who have not yet decided upon a feeding method. The class meets from 6-9 p.m. Thursday, Feb. 18.

Parents and caregivers interested in registering for an **Infant CPR** class may call (662) 377-4934 or 1-800-843-3375. Infant CPR classes are taught at 4 p.m. Tuesday and Thursday.

To register or for more information on these “Wonderful Beginnings” classes, call the NMMC Women’s Hospital at (662) 377-4956 or 1-800-THE DESK (1-800-843-3375).

For the entire 2010 childbirth class schedule, visit www.nmhs.net/womens_hospital_beginnings.php.