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FOR IMMEDIATE RELEASE
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NMMC TO HOST MOTHER/DAUGHTER WORKSHOP

TUPELO, Miss.—North Mississippi Medical Center will host a free Mother/Daughter Workshop from 6-8 p.m. Monday, March 29.

The workshop will prepare girls age 8-11 for the physical and emotional changes of puberty. The program will be held at Harrisburg Baptist Church, 4675 Cliff Gookin Blvd.

Speakers will be Melissa Barnett, a certified nurse practitioner with The Woman's Clinic of Tupelo, P.A.; and Malinda Ingram, a certified nurse practitioner with Heritage Obstetrics and Gynecology of North Mississippi.

To register for the workshop, call (662) 377-3867 or 1-800-THE DESK (1-800-843-3375) by March 24. The free workshop is offered as part of the NMMC Live Well community health initiative and co-sponsored by Spirit of Women.