

December 15, 2010

FOR IMMEDIATE RELEASE

**CONTACT: DEBORAH ROBERTS PUGH
(662) 377-3712**

NMMC-WEST POINT TO OFFER PREPARED CHILDBIRTH CLASS

WEST POINT, Miss.—North Mississippi Medical Center-West Point will offer a prepared childbirth class for expectant parents from 6:30-8:30 p.m. Thursdays, Jan. 6-27.

Instructors cover a wide variety of topics including relaxation techniques, prenatal care, labor and delivery, pain relief measures, breast-feeding and infant care. The fee is \$35.

To register or for more information, call (662) 495-2292 or 1-800-THE DESK (1-800-843-3375).