

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

January 14, 2010



**Contact:**

Diana L. Klink

757.514.4104

757.775.7144

### **HEALTHY STARTS FOR EXPECTING MOMS**

SUFFOLK, Virginia (January 14, 2010) Expecting a new “tax deduction” in 2010?

Join other excited expectant moms at the North Suffolk Library as a staff member, who is also a registered nurse with Lamaze™ childbirth education certification, presents a two-part class for expecting moms. Topics covered in Part I will include physical and emotional changes; discomforts and comfort measures; exercises (interactive); sexuality/relationship changes; concerns, cautions; and pregnancy myths. Topics covered in Part II will include a review of Part I; baby-building (nutrition); fetal development highlights; and relaxation/stress management basics (interactive). Class dates are as follows:

Part I – Monday, February 8<sup>th</sup> at 6:30 p.m.

Part II – Monday, February 22<sup>nd</sup> at 6:30 p.m.

Attendance at both sessions is recommended, but not required. This class is free and open to the public. Please call the library reference desk for more information at (757) 514-7150, or visit [www.suffolk.lib.va.us](http://www.suffolk.lib.va.us). The North Suffolk Library is located at 2000 Bennett’s Creek Park Road, Suffolk, VA 23435.

###