

NEWS RELEASE

FOR IMMEDIATE RELEASE

April 2, 2010



Contact:

Diana L. Klink

757.514.4104

757.775.7144

LAMAZE™ REFRESHER COURSE – NORTH SUFFOLK LIBRARY

SUFFOLK, Virginia (April 2, 2010) The last program in the North Suffolk Library's Healthy Starts for Expecting Parents series – a Lamaze™ Refresher Course – is scheduled for Saturday, April 10th, from 2:00 – 4:00 p.m.

The instructor for this class is a library staff member who is also a registered nurse with Lamaze™ childbirth education certification. She will be presenting a review of the labor and childbirth process. Topics in the program will include a review of the stages of labor, signs of labor, true vs. false, comfort measures, breathing, positioning, birth ball, massage, doulas, variations of labor, breathing practice, pushing techniques with practice, pain relief options, postpartum, and labor rehearsal or “putting it all together”. Advance registration for this free class is required, and can be made online at <http://www.formspring.com/forms/?897216-QrizmzXIUp>, or by calling the library at 514-7150. The North Suffolk Library is located at 2000 Bennett's Creek Park Road. Attendees must bring pillows, a blanket, and exercise ball, if available.

###