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Press Release

CRMC EDUCATES AND PROVIDES SUPPORT FOR EXPECTANT MOMS

February 17, 2012 — Becoming a mother, whether it is for the first, second or third time is a special experience. Cullman Regional Medical Center enhances this wonderful occasion by offering programs that are helpful to all moms before, during and after pregnancy.

Here are some of the upcoming classes available at CRMC:

- ✦ **Prepared Childbirth Class:** *Saturday, March 3* – The goal of this class is to provide expectant mothers with information about the CRMC Maternity Center and information on what to expect during your stay which includes a tour of the Maternity Center. Mom’s support person is encouraged to attend. The class is held from 8 am until noon in CRMC’s Depot Room, in the Community Education Center in Professional Office Building 2 (POB 2). The cost is \$25 per couple; \$20 per couple for WomenFirst Members and FREE to Medicaid patients.

- ✦ **Prenatal Breastfeeding Class:** *Saturday, March 3* – The goal of this class is to provide mothers with practical solutions to the most common breastfeeding concerns. We will discuss breastfeeding during the first few weeks, breastfeeding products available and preparing to return to work. The class is held from 1-3 pm in CRMC’s Depot Room, in the Community Education Center in Professional Office Building 2 (POB 2) and follows the Prepared Childbirth Class. You are not required to attend the Childbirth Class in order to attend the Breastfeeding Class. Cost to attend the class is \$10 – mom’s support person is encouraged to attend.

Register online today at www.crmchospital.com/maternity or call the CRMC Maternity Services Center at (256) 737-2200. For a complete list of community classes and seminars at CRMC, search the Online Calendar of Events at www.crmchospital.com.

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Cullman Regional Medical Center is a fully accredited 145-bed medical center which is dedicated to promoting wellness by providing excellent healthcare services in the most efficient manner and exceeding the expectations of those we serve.

www.crmchospital.com