

# Media Release



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## Contemporary Pre-Natal Classes Now Available in Edmonton

Edmonton...Families now have an alternative when it comes to pre-natal education-- Mommy Connections is launching a new pre-natal program to compliment its successful post-natal programs. Pre-natal programs are two hours a week for six weeks and feature speakers in nursing, physical therapy, as well as a doula. Classes are designed to explore current trends, issues and concerns that expectant parents have.

“More than 200 people have taken our post-natal classes since January,” says Carol McBee, Founder and President of Mommy Connections, “and I’ve heard time and time again how women wished for something similar *while* they were pregnant.”

“Our goal is to give expectant parents a ‘middle of the road’ approach without bias toward either ‘medicalized’ or ‘natural’ childbirth,” says Jen Kiesman, a Physical Therapist, and primary facilitator in the program.

The Pre-Natal program is meant not only to educate parents about the birthing process; but, it is also designed to connect parents and create a support network before the babies arrive. Speakers in the Pre-Natal classes will cover topics such as: coping with labour, reflexology and acupressure while pregnant and birthing, understanding the role of a doula, and issues around breastfeeding.

South Edmonton classes run from September 8 to October 13, and more locations are expected to begin soon. Registration is \$168 (incl. GST) and is available online at [www.mommyconnections.ca](http://www.mommyconnections.ca). The program is limited to 12 couples, and all registered couples receive a gift bag.

Mommy Connections was founded in October 2009 and now has seven locations in Alberta and Ontario. Licensing opportunities are currently available.

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### Media contact:

Rosemary Malowany, Wild Rose Communications

P: 780-695-8850

E: [rosemary@widrosecommunications.com](mailto:rosemary@widrosecommunications.com)