

## Communications Office

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## FOR IMMEDIATE RELEASE

# Peterborough County-City Health Unit to Host Free Prenatal Health Fair on January 25

## *Experience the “Empathy Belly”*

Thursday, January 21, 2010, Peterborough



Expectant parents are invited to attend a Prenatal Health Fair hosted by the Peterborough County-City Health Unit at the Holiday Inn on Monday, January 25 from 6:45 p.m. to 9:00 p.m.

This event is free and open to everyone with an interest in learning how to best prepare for having a baby, and what supports are available in the Peterborough area. The Prenatal Health Fair features interactive displays and demonstrations on a wide variety of topics such as nutrition for baby and Mom, becoming a parent, car seats, baby's development, and much more. Particular highlights include the “empathy belly” and fathering displays. In addition, Service Canada will be on hand to discuss government benefits and services as well as how to register your newborn.

For more details, please call Anne Robinson at the Peterborough County-City Health Unit at 743-1000, ext. 265.

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### For further information, please contact:

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