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## **FOR IMMEDIATE RELEASE**

**Thursday, October 20, 2011, Peterborough**

# **Expectant Parents Invited to Attend Free Prenatal Health Fair on October 26**

## ***Free Fitness DVD and Pedometers for All Moms-to-be!***

Expectant parents and their families are invited to attend a Prenatal Health Fair hosted by the Peterborough County-City Health Unit at the Holiday Inn on Wednesday, October 26 from 6:00 to 8:30 p.m.

All moms-to-be will receive a pedometer and a free DVD entitled "Move for Two" promoting physical activity during pregnancy. The video offers pregnant women a fitness routine for all levels of energy and experience as well as safety tips for mothers and their babies while they exercise.

Massage therapy students from Fleming College will also be on hand to demonstrate the value of infant massage. Expectant parents will be shown some basic techniques to promote attachment and safe touch.

This event is free and open to everyone with an interest in learning how best to prepare for having a baby, and about the supports 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, baby's development, and much more. Particular highlights include the "empathy belly" and fathering/parenting displays.

For more details, please call Kris Hazlitt at the Peterborough County-City Health Unit at (705) 743-1000, ext. 254.

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### **For further information, please contact:**

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