
FOR IMMEDIATE RELEASE

Free moms event highlights TCHC midwifery services

WADENA, Minn. – Nov. 1, 2018 – Area moms and moms-to-be are invited to bring their young children ages 0-5 and join Tri-County Health Care for a morning of coffee and refreshments, children’s books, activities and meaningful conversations with Dawn Dahlgren-Roemmich, certified nurse midwife. This event, titled Bumps, Beans and Books, will be held Tuesday, Nov. 20, from 9:30 to 11:30 a.m. at the New York Mills Regional Cultural Center. It is free to attend.

Volunteers will entertain children with activities, snacks and story time while mothers enjoy refreshments and giveaways and hear from experts on women’s health topics such as physical and aquatic therapy, prenatal yoga, midwifery, prenatal education and car seat safety. Dahlgren-Roemmich will share her passion for the journey of pregnancy to birth and explain how she can guide mothers along the way.

Pre-registration is encouraged but not required. Register at TCHC.org.

ABOUT TRI-COUNTY HEALTH CARE

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as five satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Bertha, Henning, Ottertail, Sebeka and Verndale. Visit TCHC.org.

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