
FOR IMMEDIATE RELEASE

Tri Aquatics Moms Course strengthens, stabilizes and soothes

WADENA, Minn. – Sept. 11, 2017 – Tri-County Health Care will host a free Tri Aquatics Moms Course on Monday, Sept. 25, from 6:30 to 7:30 p.m. at the Maslowski Wellness and Research Center in Wadena.

This aquatic exercise class is offered to expectant mothers who are looking for a way to maintain good overall health during and following pregnancy. The session will address full-body fitness education including low-impact aerobic exercise with stretching, strengthening and range of motion activities for the entire body.

The goal of Moms Course is to reduce pain associated with later stages of pregnancy and improve on general stabilization as the mother's body prepares to give birth. Women in any stage of pregnancy are welcome.

Participants do not need to be a member of the wellness center or a Tri-County patient, and they are welcome to wear shorts and a T-shirt if not comfortable in a swimsuit. The instructors are Stacey Callahan, physical therapist, and Andrea Pettit, physical therapist assistant.

Class size is limited to 10. Register at www.tchc.org under the "Education and Resources" tab and by clicking on "Classes and Events." For more information, contact Jeremy Meyer, physical therapist, at jeremy.meyer@tchc.org or 218-631-7475.

Starting in 2018, Tri Aquatics Moms Course will be held quarterly.

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 six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit www.tchc.org.

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