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## FOR IMMEDIATE RELEASE

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### **Avery Kate is first baby of 2019 at Tri-County Health Care**

**WADENA, Minn. – Jan. 3, 2019** – The first baby of 2019 at Tri-County Health Care is baby girl Avery Kate Truax. She was born on Tuesday, Jan. 1, 2019, at 11:03 a.m. to Sara and Cody Truax of Henning. Avery’s proud grandparents are Clay and Cheryl Houselog and Vince and Mari Truax. She was delivered by Laura DuChene, M.D.

Families who deliver at Tri-County Health Care receive the following: \$40 Chamber Bucks, two movie tickets to the Cozy Theatre, 10 free visits to the Maslowski Wellness and Research Center, choice of prenatal or postpartum massage, choice of a case of diapers or infant car seat with car seat installation by a certified car seat technician, meals for birth partners, and a complimentary home visit by a Tri-County nurse.

In addition to these goodies, Avery and her family received a special New Year’s gift basket complete with a diaper bag, plush animals, diapers and wipes, blanket, thermometer and more.

#### **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](http://TCHC.org).

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