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## FOR IMMEDIATE RELEASE

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### **TCHC introduces prenatal yoga for expectant mothers**

**WADENA, Minn. – Dec. 6, 2017** – Starting in January, Tri-County Health Care will host a new weekly prenatal yoga class for expectant mothers. Classes will be held Wednesdays starting Jan. 10 from 5 to 6 p.m. in Tri-County Wadena Clinic Conference Room B.

Prenatal yoga helps to reduce stress and anxiety while increasing strength and flexibility, which are beneficial for childbirth. It also helps improve sleep, decrease lower back pain and helps participants learn breathing techniques that will assist them during labor and delivery.

The classes are free to attend, and participants don't need to be Tri-County patients. Because of limited availability, attendees must pre-register for each class on TCHC.org.

Classes will be taught by Pam Doebbeling, certified prenatal yoga instructor and registered nurse with 20 years of experience. Attendees can bring their own yoga mat, or one will be provided. All experience levels are welcome.

For more information or to register for a class, visit 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 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 TCHC.org.

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