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## FOR IMMEDIATE RELEASE

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### Maintain health during pregnancy at aquatic exercise class

**Wadena, MN – May 11, 2017** – Tri-County Health Care will host a free Tri Aquatics: Moms Course on Monday, May 22, 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 is to reduce pain associated with later stages of pregnancy and improve on general stabilization as the mother's body prepares to give birth.

Participants don't need to be a member of the wellness center or a Tri-County patient to register and are welcome to wear shorts and a T-shirt if not comfortable in a swimsuit. Class size is limited to 10. The instructors are Stacey Callahan, PT, DPT, and Andrea Pettit, PTA.

Register at [www.tchc.org](http://www.tchc.org) under the "Education and Resources" tab and by clicking on "Classes and Events." For more information, contact Jeremy Meyer, PT, DPT, at [jeremy.meyer@tchc.org](mailto:jeremy.meyer@tchc.org) or (218) 631-7475.

#### **About Tri-County Health Care**

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, MN. Offering care services ranging from minimally invasive surgery and cancer care to diagnostic imaging capabilities, obstetrics and rehabilitation services, Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as seven 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](http://www.tchc.org).

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