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## FOR IMMEDIATE RELEASE

## Astera Health welcomes first baby of 2025

**WADENA, Minn. – Jan. 06, 2025 –** Astera Health celebrated the first birth of 2025. On Jan. 4 at 12:27 p.m., Megan and Mathias Weinmann welcomed Mara Rose Weinmann in the Obstetrics department at Astera Health. Her delivery provider was Allison Freese-Johnson, CNM.

Mara weighed 8 pounds and was 20.5 inches long at birth. Additionally, she has three siblings: Mayvis, Magnolia, and Maria. Her grandparents are Ward and Shannon Field, and Leland and Janice Weinmann.

The family received a care package from the Astera Health Foundation to commemorate the special occasion. The package included baby toys, diapers, and household items that were placed in a wagon and presented to the parents before they were discharged.

For more information about birthing services, please visit asterahealth.org.

## ABOUT ASTERA HEALTH

Astera Health is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Astera Health operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit asterahealth.org.

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