

City of Vacaville

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FOR IMMEDIATE RELEASE
Thursday, March 11, 2010
Contact: Mary Torres (707) 449-5631

CITY OFFERS JUST BREATHE CLASSES TO EXPECTANT MOTHERS

The City of Vacaville's Community Services Department is offering a new "Just Breathe" class, which allows participants to practice labor massage methods, and plan ways to make their birthing room more calm and comfortable.

Chrissy Helmer, Certified Childbirth Educator, will provide instruction on breathing and relaxation techniques and much more. Birthing partners are encouraged to attend.

Class sessions are scheduled on Monday evening, March 15 from 6-9 p.m. at the Three Oaks Community Center and Saturday, March 20, 9 a.m. – Noon at the McBride Center.

The fee for the three-hour course is \$45 per couple. Pre-registration is required due to limited space. Individuals can register online at www.cityofvacaville.com or at any of the following locations: McBride Center, Ulatis Community Center, 1000 Ulatis Drive, and Three Oaks Community Center, 1100 Alamo Drive. For more information, call 449-5631.

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