



## **FOR IMMEDIATE RELEASE**

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### **Education Classes Scheduled for 2009 at Betsy Johnson Regional Hospital**

**Dunn, N.C. (January 9, 2009)** – Betsy Johnson Regional Hospital (BJRH) cares about the health and Well-being of the communities we serve. As our commitment to you, we are pleased to offer the following educational classes:

#### **The Gift of Motherhood**

The arrival of a new baby is one of the most special and exciting experiences of your life. These classes will prepare you and educate you for the birthing experience. The class meets for two hours (from 7 until 9 p.m.) one night a week for six consecutive weeks. Seating is limited. Fee: \$65 per couple.

March 5 – April 2 ■ August 6 – September 3 ■ October 8 – November 5

To register for classes, please call 892-1000, extension 5000, or visit our website at [www.bjrh.org](http://www.bjrh.org).

#### **Newborn Care**

Welcoming a new baby into your home is a wonderful experience. It can also be overwhelming. This class covers the basics of newborn care and infant safety for expecting or new parents and grandparents. This class meets for two hours (from 6 to 9 p.m.). Seating is limited. Fee: \$25 per person.

February 24 ■ April 21 ■ July 14 ■ September 22 ■ November 17

To register for classes, please call 892-1000, extension 5000, or visit our website at [www.bjrh.org](http://www.bjrh.org).

#### **CPR for Family & Friends**

No one wants to think about a medical emergency, however it is important that you know what to do if such an event occurs. During this class, participants will be introduced to accident prevention/safety, clearing an airway obstruction (choking) and cardiopulmonary resuscitation (CPR). The class meets for two hours (from 6 p.m. to 8 p.m.). Seating is limited. Fee: \$25 per person.

March 10 ■ May 26 ■ July 21 ■ October 6

To register for classes, please call 892-1000, extension 4111, or visit our website at [www.bjrh.org](http://www.bjrh.org).

#### **National Safe Sitter Course**

If you are 13 to 15 years of age, and interested in baby-sitting, this class is for you. The class covers safety precautions, such as what to do if a stranger comes to the door and how to call for help; what to do if a child is choking; business skills such as determining payment and accepting the best jobs; basic child care such as diapering and feeding; and how to entertain children. The class meets for eight hours (8 a.m. to 4:30 p.m.). Seating is limited. Fee: \$25 per person.

June 12 ■ June 26

To register for classes, please call 892-1000, extension 4111, or visit our website at [www.bjrh.org](http://www.bjrh.org).

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### **Freedom From Smoking**

Do You Want To Quit Smoking? Then register for The American Lung Association “Freedom From Smoking” Course. We will share the latest information on how to quit smoking and how to stay smoke free. The class meets for two hours (6 p.m. to 8 p.m.) for 8 sessions. Seating is limited. Fee: \$40 per person. Group rates are available.

April 14 ■ August 6

To register for classes, please call 892-1000, extension 4111, or visit our website at [www.bjrh.org](http://www.bjrh.org).

Betsy Johnson Regional Hospital, a 101-bed not-for-profit hospital based in Dunn, North Carolina, offers primary, specialty and emergency care services to Harnett, Cumberland, Johnston, and Sampson County residents. Serving patients since 1940, the hospital has over 100 affiliated physicians and 779 employees. For more information, please visit our website at [www.bjrh.org](http://www.bjrh.org)

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