

NEWS RELEASE
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HIGHLANDHOSPITAL

A member of Alameda Health System

Contact:

Jerri Applegate Randrup
jrandrup@alamedahealthsystem.org
510.437.8479

Award-Winning Birthing Center Announces Free Pre-Natal Class Schedule for New Bay Area Moms

Weekly Classes Begin Monday, July 1st at Highland Hospital

OAKLAND, CA (July 1, 2013) – Highland Hospital today announced the July 2013 pre-natal class schedule offered by the Maternal and Child Health Department and its Bright Beginnings Family Birthing Center for expecting Bay Area moms and families. The classes are free and open to the public, and cover topics including, “The Early Months”, “How to take care of your baby”, “Preparing for childbirth”, and “Breastfeeding & Postpartum”. All classes take place in the K6 conference room at Highland Hospital, each week on Mondays from 10:30 a.m. to 12 p.m. beginning July 1st through July 22nd. Moms to be will also get to learn how to install their infant car seats by a certified car seat technician.

“These free classes are designed to give new moms and families the best start and right information to help them along the wonderful journey of pregnancy and childbirth,” Dayna Yearwood, Nurse Midwives Supervisor said. **“This is the most important experience many people will have in their lifetimes, and our goal is to make sure as many new moms as possible are equipped with the skills and support they need for success.”**

Highland Hospital’s Maternal and Child Health Department was recently named a top facility and designated *Baby Friendly* by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF) for its work in educating families around the importance of breastfeeding to babies’ health and development.

The Birthing Center staff at Highland Hospital includes doctors, certified nurse midwives, registered nurses, Medi-Cal eligibility workers, dietitians and social workers. Maternity and newborn services available at Bright Beginnings include physician and midwife deliveries, nursery, care for high-risk pregnancies, labor coaches, translation services, mother-baby coupling, financial planning assistance, women's urgent care services, and women and children's health services.

For more information about the upcoming free pre-natal classes, infant care classes and breastfeeding support, or for general information about Highland Hospital, please visit www.highlandhospitalahs.org or call 510-437-4076.

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About Alameda Health System (AHS)

Alameda Health System (AHS), a major public health care provider headquartered in Oakland, California, is recognized as a world-class patient and family centered system of care. Its mission – caring, healing, teaching and serving all – sums up the AHS core objectives to promote wellness and eliminate disparities within the diverse communities it serves in Alameda County. As a regional and national leader in health care safety and excellence, AHS aims to optimize the health of all Alameda County residents by multiplying access points to its best-in-class care.

AHS creates positive patient experiences. Service and community engagement are a priority, and the system offers programs that deliver value to individuals across all patient populations regardless of their social or economic status. Quality, financial strength and development of the workforce are also system hallmarks that ensure continual improvement to every aspect of our reach in the community.

A major economic force in Alameda County, AHS employs 3,200 people, including over 500 physicians at six facilities. These include Highland Hospital, a major regional trauma center and teaching hospital, John George Psychiatric Hospital, an acute and emergency care facility in San Leandro, California; Fairmont Hospital, an acute rehabilitation hospital and skilled nursing facility, also in San Leandro; and four ambulatory wellness centers in Oakland, Newark and Hayward, California.