

First 5 Amador, MCAC fund prenatal fitness program

Thursday, April 09, 2009

Childbirth educator and doula Brandy Astwood will begin a free series of prenatal classes at The Solution Within in Sutter Creek beginning April 13.

The program helps expectant mothers improve flexibility, tones muscles and helps provide natural relief from some of common pregnancy discomforts. The program is sponsored by the Mother's Club of Amador County and First 5 Amador.

"It's very important to have healthy moms to deliver healthy babies," First 5 Amador executive director Nina Machado told the Ledger Dispatch. "With a small grant such as this we can help encourage health and help people can save money and heartache down the way."

"I was looking for a low-cost way to get in touch with moms in the area and I noticed there was nothing here for that," Astwood told the Ledger Dispatch. Mothers can attend just one class or all, but she recommends reserving a space before each class.

The video-based program provides support and education for expectant mothers.

For more information, visit www.MyBirthConnection.com, or call Astwood at 304-8495.