

**PRESS RELEASE:**

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**Pardee sponsors second annual Joyful Birth and Breastfeeding Expo**

*(Hendersonville, NC)* Pardee Hospital will sponsor the second annual Joyful Birth and Breastfeeding Expo on Sat., March 12, in the common area of the Asheville Mall.

The event is free with activities going on throughout the day. Families, students, birth advocates and anyone who is interested in a healthy pregnancy or breastfeeding is encouraged to attend.

This year's expo will include inspiring birth and breastfeeding films, dozens of mother-friendly informational vendors and speakers including Barbara Davenport, CNM, with Pardee Nurse-Midwifery, Trisha Beckman, CNM, Georganna Cogburn, MS, RLC and Lillian Thomas, DC. There will also be a maternity fashion show sponsored by the MotherLove Program of the YWCA, a child activity area, and a number of give-away prizes and raffles including a free keepsake photo for each family.

Internationally known author, Barbara Harper, RN, CD, CCE, is the featured speaker. She will also be offering a water birth workshop on Friday, March 11, sponsored by and located at Pardee Hospital in Hendersonville. The workshop will be held from 10 a.m. until 2 p.m. in the Jameson Conference Room. Registration is \$40 and includes



lunch. To register for the water birth workshop, please visit the [events page](#) on the BirthNetwork website.

BirthNetwork of WNC is hosting the event and is a chapter of the national non-profit, BirthNetwork dedicated to providing families with information on mother-friendly maternity care and healthy birth options. For more information on BirthNetwork National or for a full schedule of events for the day, please visit [www.birthnetwork.org](http://www.birthnetwork.org) and click on the NC page.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit [www.pardeehospital.org](http://www.pardeehospital.org).

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