

News Release

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AtlantiCare to offer prenatal Yoga class

The AtlantiCare LifeCenter, in collaboration with AtlantiCare Women's Health & Wellness, will offer a prenatal Yoga class starting Wednesday, March 12. Registration fee is \$10 per class or \$70 for 10 classes. The class will take place in the aerobic studio at the AtlantiCare LifeCenter, in the AtlantiCare Health Park, 2500 English Creek Avenue, Egg Harbor Township from 10:45 a.m. to 11:45 a.m. Registration is required.

Kelly MacCarron, a certified prenatal Yoga instructor, will lead each class. MacCarron will customize Yoga practice for each participant's stage of pregnancy.

"Prenatal Yoga helps prepare a woman's body for labor by improving her overall fitness," said MacCarron. "It can also reduce swelling and inflammation around joints, relieve stress and improve emotional well-being."

To register for AtlantiCare's prenatal Yoga class, call the AtlantiCare Access Center at 1-888-569-1000. For more information about the AtlantiCare LifeCenter, AtlantiCare Women's Health & Wellness, AtlantiCare's Center for Childbirth or other AtlantiCare services, visit www.atlanticare.org.

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AtlantiCare is a regional healthcare organization based in Egg Harbor Township, New Jersey, whose more than 4,580 employees serve the healthcare needs of the community at more than 60 locations. It includes AtlantiCare Regional Medical Center (ARMC), the AtlantiCare Foundation, AtlantiCare Health Plans, AtlantiCare Behavioral Health and AtlantiCare Health Services. ARMC became the 105th hospital in the nation to attain status as a Magnet™ designated hospital in March of 2004.