

# Phenix City Children's Clinic hosts Expectant Mommy Expo

By SANDRA OKAMOTO

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First-time expectant mothers usually have a lot of questions.

And the first Expectant Mommy Expo on Saturday at the Phenix City Children's clinic hopes to provide answers to women in any stage of pregnancy.

"It is my hope that through this Expo, participants will recognize that they are not alone," Dr. Ritu Chandra, who founded the local pediatric practice, said in a statement. "Numerous experts and resources are available to expectant parents in the Columbus, Phenix City and Fort Benning area as they undertake this most exciting journey."

Chandra said she finds it "a joy and honor to be a trusted partner in the medical care of so many children every day."

While almost 70 women have preregistered, anyone can walk in for the expo, said Amanda Sams Bradshaw, the public relations manager for the practice.

Those who have registered will get a personalized schedule when they come in, she said. They can rotate from station to station and they may get the first opportunities for 10-minute pregnancy massages, manicures, mini-facials, how to make a picture frame for the nursery and a 50-minute pregnancy yoga class.

American Red Cross health and safety instructor Pamela Nelson will provide

an infant CPR and safety training class and teach expectant moms how to child-proof their homes.

Speakers include Dr. Jennifer Rumph on Breastfeeding Tips and Tricks for New Mommies, psychologist Michelle DeRamus on Overcoming the Baby Blues: How to Cope and When to Get Help and Dr. Susan Westerlund on What to Expect When You're Expecting.

Sponsors and vendors will set up 16 "exam rooms" offering information and baby clothing.

The first 50 women through the doors will receive a goody bag filled with things new mothers will need.

A raffle will be held

## IF YOU GO

**What:** Expectant Mommy Expo, the first such expo in Phenix City, featuring speakers, workshops, vendors, raffles

**When:** 2:30-4:30 p.m. Saturday

**Where:** Phenix City Children's clinic, 3700-A S. Railroad St.

**Admission:** Free

**Information:** 334-664-0463

throughout the expo with prizes like a free 4-D ultrasound, discounted newborn photography and a Go Pod (portable activity seat).

"We'll see how the first (expo) goes" before planning a second one, Bradshaw said.

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wanted to hurt her, but said her 19-year-old son had been hanging out