



News Release

FOR IMMEDIATE RELEASE

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Health Department Seeking Volunteers For ‘Friendship Project’ To Help Pregnant Women

FAYETTEVILLE, NC – The Cumberland County Department of Public Health is seeking people to join the Friendship Project, a support group of volunteers who offer a helping hand and encouragement to expectant mothers during their pregnancies.

A free training session will be held Friday, April 5, from 10:30 a.m. to 1 p.m. in the Cumberland County Public Health Center’s 2nd floor conference room. The session will take about two and a half hours and refreshments will be provided.

The Friendship Project was established by the North Carolina Healthy Start Foundation to set up local community support groups to encourage pregnant women to keep their doctor appointments and maintain healthy habits during the pregnancy.

“Volunteers can help pregnant women keep their doctor appointments and encourage them to follow through with doctor recommendations,” said Kassie Howard, maternal health educator and coordinator for Cumberland County’s Friendship Project group. “By helping mothers-to-be stay healthy, we can also help babies stay healthy.”

For more information, call 910-433-3858. The Health Department also offers breastfeeding, parenting and Lamaze classes. For more information, call 910-433-3600 or go to www.co.cumberland.nc.us/health.aspx.

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