

PRESS RELEASE

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For Immediate Release

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CAPITAL MEDICAL CENTER WELCOMES 10,000TH BIRTH

Capital Medical Center is please to announce the birth of the hospital's 10,000th baby. Quinton B. Whitener was welcomed by proud parents Jacqueline & Patrick of Shelton, Washington at 1:04 a.m. on December 28, 2007 weighing in at 7lbs. 13oz. Linda Olson, Director of Women's Services, declared, "We've reached a milestone. We're very excited to have delivered so many healthy babies and look forward to delivering many more." Capital Medical Center's Women's Services department opened its doors in October of 1990. The ten private birthing suites allow for labor, delivery, recovery and postpartum to occur in one room with a home-like atmosphere, and state of the art equipment. The hospital recently added window seats that provide a sleeping area for dad or a family member. Most importantly, Women's Services is also equipped with its own operating room for caesarean section deliveries. As the 10,000th delivery, the Whitener family received a large gift basket filled with baby items and a little something for mom & dad including a grocery gift card.

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About Capital Medical Center

Capital Medical Center, a member of Capella Healthcare's family of hospitals, is a 110-bed hospital, serving all of Thurston and surrounding counties. Built in 1985, Capital Medical Center is accredited by the Joint Commission and the College of American Pathologists. As part of its focus on cancer treatment, the hospital is affiliated with the Seattle Cancer Care Alliance, the only federally designated comprehensive cancer center in the Northwest. For more information, please visit www.capitalmedical.com.

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