

**Saturday, January 4**

- Childbirth Class (Riverview) - 9:00am

**Monday, January 6**

- Blood Drives at Highpoint Health – Sumner Station - 10:00am
- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, January 7**

- My Cancer Journey - A Support Group Series for Cancer Patients - 12:30pm

**Tuesday, January 14**

- Diabetic Support Group

**Wednesday, January 15**

- Grief Support Group - 3:00pm

**Friday, January 17**

- Blood Drives at Highpoint Health – Sumner - 10:00am

**Saturday, January 18**

- Express Childbirth Class - 9:00am

**Tuesday, January 21**

- Blood Drives at Highpoint Health – Sumner Station - 10:00am
- My Cancer Journey - A Support Group Series for Cancer Patients - 12:30pm
- Newborn Care Class - Online - 6:30pm

**Tuesday, January 28**

- Breastfeeding Basics Class - Online - 6:30pm

**Thursday, January 30**

- Blood Drives at Highpoint Health – Sumner - 10:00am

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**Childbirth Class (Riverview)**

**Time:** 9:00am

In order to ease any anxiety you and your partner may be having leading up to the birth of your baby, we offer a childbirth class and tour to prepare you for delivery day. This class is meant to answer all questions you may have, as well as covering topics such as hospital check-in, your stay with us, what to expect, what you should pack for your stay, how long you should anticipate staying, and more.

**Blood Drives at Highpoint Health – Sumner Station**

**Time:** 10:00am

Highpoint Health with Ascension Saint Thomas is proud to partner with the American Red Cross to host blood drives for the community. To register and make an appointment, visit [American Red Cross Blood Services](#). To make an appointment for a blood drive at Highpoint Health – Sumner Station, enter 37066 as the zip code.

### **Childbirth Weekly Series - Online**

**Time:** 6:30pm

Having a baby is a special experience. New parents, and even experienced ones, may find the addition of a new family member overwhelming. The Childbirth Weekly Series prepares parents-to-be for pregnancy, labor, delivery and newborn care. Simply knowing what to expect can help ease much of the apprehension and concern associated with having a baby. We encourage mothers-to-be to attend during the seventh or eighth month of pregnancy and to bring their spouse or support person.

The Childbirth Weekly Series takes place each month, **EVERY Monday for four consecutive weeks** from 6:30 to 8:30 pm by Highpoint Health – Sumner. *Please note: When you are registering, you are signing up for all 4 classes within the month not just one.*

[Register Online for the Childbirth Weekly Series](#)

### **My Cancer Journey - A Support Group Series for Cancer Patients**

**Time:** 12:30pm

My Cancer Journey is sponsored by Volunteer Friends of Highpoint Health – Sumner. All cancer center patients are welcome, regardless the diagnosis, physician or medical facility. Sessions are open to patients and a caregiver or guest. Meetings take place from 12:30-2 pm, on the first and third Tuesday of the month (Jan-Dec). All meetings take place at Highpoint Health – Sumner Station in the Carpenter Cancer Center Conference Room.

Please call [\(615\) 328-5517](tel:6153285517) for details.

### **Diabetic Support Group**

Diabetes is a chronic disease that can impact your life in many ways especially when left untreated. The Diabetes Education Center at Highpoint Health – Riverview offers a Diabetic Support Group on the second Tuesday of each month starting at 6 pm. This support group is FREE of charge and is meant for diabetics and supporting family members. Learn more and register by calling [615.735.5320](tel:6157355320)

### **Grief Support Group**

**Time:** 3:00pm

Finding Help Through Grief. Connect with others who are journeying along the pathway through grief. This group is for anyone grieving for any reason. This is a free resource to the community. For more information and to register, please call [615.328.6690](tel:6153286690).

### **Blood Drives at Highpoint Health – Sumner**

**Time:** 10:00am

Highpoint Health with Ascension Saint Thomas is proud to partner with the American Red Cross to host blood drives for the community. To register and make an appointment, visit [American Red Cross Blood Services](#). To make an appointment for a blood drive at Highpoint Health – Sumner, enter 37066 as the zip code.

**Express Childbirth Class**

**Time:** 9:00am

Our Express Prepared Childbirth Class prepares parents-to-be for pregnancy, labor, delivery and newborn care. This class includes a tour of the unit. Simply knowing what to expect can help ease much of the apprehension and concern associated with having a baby. We encourage mothers-to-be to attend during the seventh or eighth month of pregnancy and to bring a support person.

**This class is offered every 3rd Saturday of each month from 9:00 am – 3:00 pm. A lunch break will be from 12:00 pm - 1:00 pm. at Highpoint Health – Sumner.**

[Register Online for Express Childbirth Class](#)

**Newborn Care Class - Online**

**Time:** 6:30pm

This online class will teach what to expect the first few weeks at home with your new baby. This includes safe sleep, feedings (both breast and bottle), comforting a crying baby, when to call the doctor and more. This class is taught by a nurse who will be able to answer your questions. She will also walk you through skills to practice such as diapering, feeding, burping, bathing and swaddling.

**This class is offered the 3rd Tuesday of each month from 6:30 p.m. to 8:30 p.m. by Highpoint Health – Sumner.**

[Register for Newborn Care Class](#)

**Breastfeeding Basics Class - Online**

**Time:** 6:30pm

Our Breastfeeding Basics Class is taught online by an RN who is also an Internationally Board-Certified Lactation Consultant. This class is designed to help you achieve a great nursing experience right from the start! Our class teaches you how to latch, position your baby, milk production, pumping, coping strategies, and more. We encourage our mothers-to-be and their spouse or support person to attend this class during the seventh or eighth month of pregnancy.

**This class is offered the 4th Tuesday of each month from 6:30 p.m. - 8:30 p.m. by Highpoint Health – Sumner.**

[Register Online for Breastfeeding Basics Class](#)

[View Calendar and Events](#)