

Saturday, February 1

- Childbirth Class (Riverview) - 9:00am

Monday, February 3

- Childbirth Weekly Series - Online - 6:30pm

Tuesday, February 4

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

Wednesday, February 5

- Grief Support Group - 3:00pm

Friday, February 7

- Highpoint Health - Sumner: Heart Check Express - 7:00am
- Highpoint Health - Sumner Station: Heart Check Express - 7:00am
- Highpoint Health - Sumner: Heart Health Fair - 8:00am

Saturday, February 8

- Saturday Mammograms at Sumner Station

Monday, February 10

- Weight Loss Surgery Seminar - 5:00pm

Tuesday, February 11

- Diabetic Support Group

Wednesday, February 12

- Highpoint Health - Riverview Free Blood Pressure Checks & Hands-Only CPR Basics - 10:00am

Friday, February 14

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

Saturday, February 15

- Express Childbirth Class - 9:00am

Monday, February 17

- Highpoint Health - Riverview Free Blood Pressure Checks & Hands-Only CPR Basics - 10:00am

Tuesday, February 18

- My Cancer Journey - A Support Group Series for Cancer Patients - 12:30pm
- Newborn Care Class - Online - 6:30pm

Wednesday, February 19

- Grief Support Group - 3:00pm

Thursday, February 20

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

Tuesday, February 25

- Breastfeeding Basics Class - Online - 6:30pm

Wednesday, February 26

- Highpoint Health - Riverview Free Blood Pressure Checks & Hands-Only CPR Basics - 10:00am

Friday, February 28

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

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.

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](#)

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.

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.

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).

Highpoint Health - Sumner: Heart Check Express

Time: 7:00am



Heart Check Express:
\$99 Walk-In Calcium Score Screenings

Friday, February 7
7 AM – 4 PM
555 Hartsville Pike, Gallatin, TN 37066

Highpoint Health
Sumner

with  Ascension Saint Thomas

Take charge of your heart health! Join us on **February 7** for our **Heart Check Express: \$99 Walk-in Calcium Score Screening Event** at **Highpoint Health - Sumner** from **7 AM - 4 PM**.

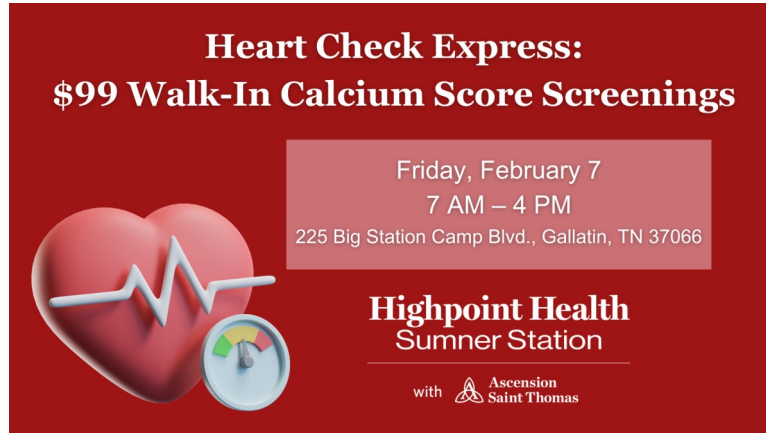
A Coronary Calcium Score, known as a calcium-score screening, uses a low-dose CT scan to measure the amount of calcium in the heart’s arteries. With this easy, non-invasive test, you can evaluate your risk of heart attack or stroke, spot potential heart issues early, and results may help you make decisions about treatments, such as medication, lifestyle changes, or further testing.

- Perfect for ages 40-70 with risk factors like high cholesterol, high blood pressure, diabetes, smoking history, or a family history of heart disease.
- **This screening is typically not covered by health insurance. We offer the test for only \$99.**
- No appointment needed – just walk in, register, and take the first step toward a healthier heart!

For questions, call [615.328.6500](tel:615.328.6500)

Highpoint Health - Sumner Station: Heart Check Express

Time: 7:00am



Take charge of your heart health! Join us on **February 7** for our **Heart Check Express: \$99 Walk-in Calcium Score Screening Event** at **Highpoint Health - Sumner Station** from **7 AM - 4 PM**.

A Coronary Calcium Score, known as a calcium-score screening, uses a low-dose CT scan to measure the amount of calcium in the heart’s arteries. With this easy, non-invasive test, you can evaluate your risk of heart attack or stroke, spot potential heart issues early, and results may help you make decisions about treatments, such as medication, lifestyle changes, or further testing.

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- **This screening is typically not covered by health insurance. We offer the test for only \$99.**
- No appointment needed – just walk in, register, and take the first step toward a healthier heart!

For questions, call [615.328.6500](tel:615.328.6500)

Highpoint Health - Sumner: Heart Health Fair

Time: 8:00am



Join us Friday, February 7 from 8am - 10am for a Heart Health Fair in the Highpoint Health - Sumner Main Lobby!

In honor of Heart Month, we’re hosting a Heart Health Fair to educate our community about the importance of heart health and the resources available right here at home.

Visit booths with heart healthy info about:

- Weight Loss Surgery
- Wound Care
- Chest Pain Education
- Ascension Saint Thomas Heart
- Imaging
- Cardiac Rehab and Cardiographics
- Heart sales benefiting our volunteer program
- And more!

Join us to learn how small changes can make a big difference in your heart health and discover the many ways we're here to support your journey to a healthier heart.

Saturday Mammograms at Summer Station

Schedule your screening mammogram at Highpoint Health Imaging for Women with Ascension Saint Thomas. Once a month, we're offering Saturday appointments between 7:40 am and 11:40 am. We understand how busy women can be and want to make it as convenient as possible to get an annual mammogram, recommended for women 40 and older. Request your appointment online or make an appointment by calling [615.328.6500](tel:615.328.6500).

These dates are for screening mammograms only. A screening mammogram (commonly referred to as an annual breast exam) is performed on women who have no symptoms or signs of breast cancer. If you have any symptoms, please call to schedule a diagnostic breast exam.



Appointments requested online must be confirmed by our registration staff. You will be contacted by phone to provide health and insurance information, and at that time your appointment request will be confirmed. Breast cancer screenings (screening mammograms) take approximately 20 minutes. Registration staff will confirm your exact arrival time within the 7:40-11:40am window.

Once your request is confirmed, you can opt-in to receive text message confirmation and reminders.

Disclaimer: There is no charge to make this appointment request. However, you will be billed for your screening mammogram accordingly based on your insurance coverage. When your appointment is confirmed, a registration agent will ask about your coverage or you may ask if you qualify for self-pay pricing or a special rate.

Weight Loss Surgery Seminar

Time: 5:00pm

Bariatric surgery is offered at Highpoint Health – Sumner. Join Bariatric Surgeon, Dr. Brian Reed, for a weight loss surgery seminar to help jump start your journey to a healthier you. This is your chance to get information about the process and procedure, as well as to ask questions. We look forward to seeing you there!

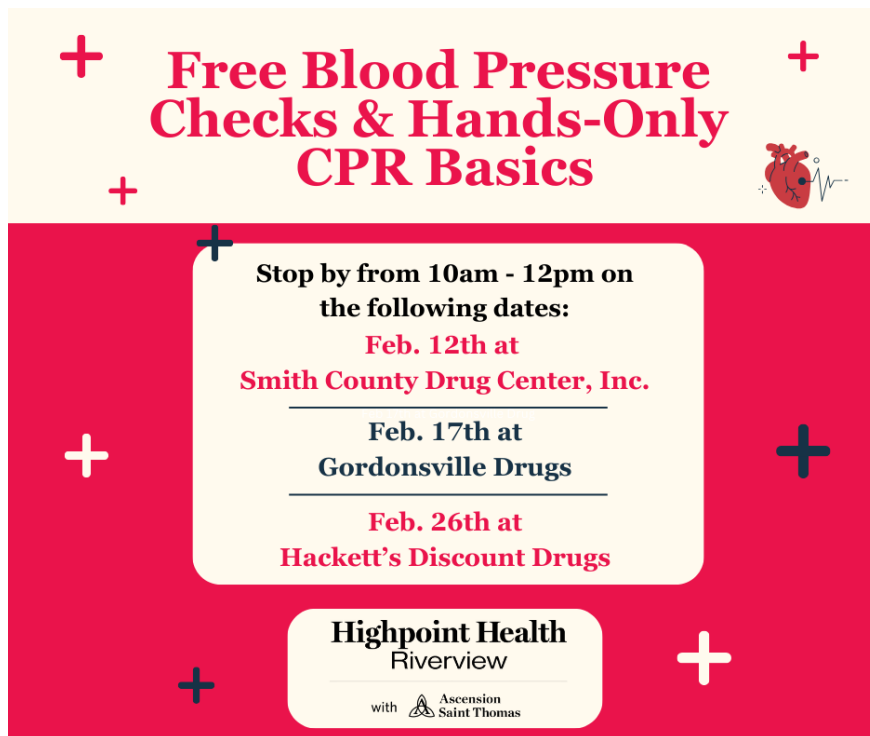
For more information call [615.328.3710](tel:615.328.3710).

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:615.735.5320)

Highpoint Health - Riverview Free Blood Pressure Checks & Hands-Only CPR Basics

Time: 10:00am



Highpoint Health - Riverview is teaming up with local pharmacies to provide quick blood pressure checks and education on how to preform Hands-Only CPR to potentially save a life! Stop by from 10am - 12pm on the following dates:

- February 12th at Smith County Drug Center, Inc.
- February 17th at Gordonsville Drugs
- February 26th at Hackett's Discount Drugs

Don't miss this opportunity for a free check up on your heart health and a chance to equip yourself with knowledge on how to save a life.

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](#)