

Thursday, March 6

- Childbirth Preparation Class - 6:30pm

Thursday, March 20

- Pursuing Wellness Peacefully: A Support Group for Making Gentle, Sustainable Changes - 6:00pm

Friday, March 21

- Health & Wellness Lunch & Learn - 12:00pm
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Childbirth Preparation Class

Time: 6:30pm

If you are pregnant, Ashley Regional has designed a 4-week series of special services to help expectant parents get ready for the physical, emotional and lifestyle changes that come with having a baby. They provide the information and reassurance that is especially helpful during pregnancy.

The childbirth class is held Thursdays from 6:30-8:30 pm. Classes are held upstairs in the Conference Room. Enter the hospital through the ER Entrance.

Childbirth Preparation classes will take place for 4 weeks and the breastfeeding class will last 1 week. We have guest speakers from other facilities and departments to teach different topics.

Pursuing Wellness Peacefully: A Support Group for Making Gentle, Sustainable Changes

Time: 6:00pm

Ashley Regional Medical Center is pleased to host an eating disorder informed group dedicated to a gentle approach to wellness goals. Led by Jessica Short, MS, RDN, CD, AMFT, CDCES, topics will include the principles of intuitive eating and mindfulness. Pursuing wellness can be peaceful when we choose to befriend our bodies.

This is a free service. Anyone is welcome.

Come with your own questions or if you're supporting a loved one with challenges.

Group Location:

*The Classrooms are on the second floor of the South Medical Office Building (MOB). Enter through the South Medical Office side door (by Ashley Regional Pediatrics), then take the stairs or elevator to the second floor.

Health & Wellness Lunch & Learn

Time: 12:00pm

Join Jessica Short, MS, RDN, CD, AMFT, CDCES for an overview of pursuing health and wellness.

You may have heard of intuitive eating or mindfulness, and what these phrases mean are listening to what your body is telling you. In adulthood, we often lose our sense of being in the moment because we have ten other things we are thinking about that need to be done. Listening to what our body is telling us can have profound effects on our mental and physical health. Jessica will talk through some of the ways you can practice being more present in the moment, and how food can nourish our mind and body.

Lunch is provided.