

Thursday, April 3

- Breastfeeding Class - 6:30pm

Friday, April 11

- Wound Care Lunch & Learn - 12:00pm

Thursday, April 17

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

Time: 6:30pm

Join our certified lactation experts for a free one night class that provides information about the breastfeeding process, how to store milk and more. Open to anyone in the community.

Wound Care Lunch & Learn

Time: 12:00pm

Join Mallori Fuller, RN, the Ashley Regional Wound Care Center program director for an educational take on wound care. She'll talk about wound prevention, who is a good fit for wound care services if something has happened and the services offered.

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.