

**Saturday, March 2**

- Childbirth Class (Riverview) - 9:00am

**Monday, March 4**

- Blood Drives at Highpoint Health – Sumner Station - 10:00am
- Weight Loss Surgery Seminar - 5:30pm
- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, March 5**

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

**Wednesday, March 6**

- Grief Support Group - 3:00pm

**Thursday, March 7**

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

**Saturday, March 9**

- Saturday Mammograms at Sumner Station

**Monday, March 11**

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

**Tuesday, March 12**

- Diabetic Support Group
- Diabetic Support Group - 6:00pm

**Thursday, March 14**

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

**Saturday, March 16**

- Express Childbirth Class - 9:00am

**Monday, March 18**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, March 19**

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

**Wednesday, March 20**

- Grief Support Group - 3:00pm

**Friday, March 22**

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

**Monday, March 25**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, March 26**

- Breastfeeding Basics Class - Online - 6:30pm

**Thursday, March 28**

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

**Friday, March 29**

- 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.

**Weight Loss Surgery Seminar**

**Time:** 5:30pm

Bariatric surgery is now 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).

**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 (Feb-Dec). All meetings take place at Highpoint Health – Sumner Station in the Carpenter Cancer Center Conference Room, except the following date(s):

Please call [615.328.5517](tel:615.328.5517) 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:615.328.6690).

**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.

**Saturday Mammograms at Sumner Station**

**Time:** 6:00pm

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.\**

#### Diabetic Support Group

**Time:** 6:00pm

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)

#### 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](#)