

Thursday, June 5

- Breastfeeding Class - 6:30pm

Friday, June 6

- Pelvic Floor Therapy for Women: Healing Prolapse Lunch & Learn - 12:00pm

Monday, June 9

- Diabetes Education Community Classes - 5:00pm

Thursday, June 19

- 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.

Pelvic Floor Therapy for Women: Healing Prolapse Lunch & Learn

Time: 12:00pm

Kayla Lunceford, DPT is a women's pelvic floor specialist. She will lead attendees in some prolapse healing exercises, so be sure to bring your own yoga mat for this event. Additionally, Kayla will provide information on prolapse, causes and solutions for women of all ages.

Lunch will be provided.

Diabetes Education Community Classes

Time: 5:00pm

The Diabetes Education Class is a 4-week class for people who:

- have an A1C of 6.5% or greater
- have been newly diagnosed with Type 2 Diabetes
- or have been diagnosed with Type 2 for a while but need a review

Insurance May Cover the Class:

This class will be billed as G0108 for the individual session prior to the group sessions and G0109 for the group sessions. You are welcome to call your insurance to see if they cover these codes. We will also pre-register participants.

Questions?

Contact Jessica Short, MS, RDN, CD, AMFT, CDCES at 435.781.6874.

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.