

Thursday, May 8

- Childbirth Preparation Class - 6:30pm

Thursday, May 15

- Pursuing Wellness Peacefully: A Support Group for Making Gentle, Sustainable Changes - 6:00pm
- 2025 Graduates Bowling Night - 7:00pm

Friday, May 16

- Substance Use Info & Resources 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.

2025 Graduates Bowling Night

Time: 7:00pm

Ashley Regional Medical Center is excited to host the annual Senior (2025 Graduates) Bowling Night!

Graduating seniors from Terra Academy, Uintah High School and Ashley Valley Education Center are invited to enjoy a night celebrating with your friends.

Date: Thursday, May 15

Time: 7 - 9 PM

Location: Dinoland Bowl in Vernal

The event includes:

FREE bowling
FREE shoe rentals
FREE pool tables
FREE arcade play
And more ...



CLASS OF 2025

Bowling

NIGHT

THURSDAY, MAY 15

7-9 PM

at Dinoland Bowl in Vernal, UT

FREE

Shoe rentals
Unlimited bowling
Arcade play
Pool tables



**Substance Use Info & Resources Lunch & Learn**

Time: 12:00pm

December Hatch will lead a discussion around the prevalence of substance use in the Basin, and resources available to those who may be struggling with a substance use disorder. December's personal journey with recovery ignited a spark in her life that truly helped her find her passion and her purpose. As the StepOne Service Coordinator and Founder of Be the Light Foundation, she believes that everyone deserves a second chance and finds great joy in helping kickstart the spark of recovery in the lives of others.

Lunch is provided.

We do ask that attendees are at least 18 years and older.