

**Tuesday, April 2**

- Childbirth Preparation Class - 6:00pm

**Thursday, April 4**

- Breastfeeding Class - 6:00pm

**Thursday, April 11**

- Living Well With Diabetes - 6:00pm

**Thursday, April 18**

- Lunch & Learn: Relief from Varicose Veins - 12:00pm

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**Childbirth Preparation Class**

**Time:** 6:00pm



Please join us for a childbirth preparation class on the first Tuesday of each month taught by Labor and Delivery nurse, Chandra Jeppson. Topics to be covered: labor and delivery process, postpartum care, newborn care, car seat safety/safe sleep, tour of Labor and Delivery Unit, Q&A.

**Breastfeeding Class****Time:** 6:00pm

Carolina Pines hosts monthly breastfeeding classes on the first Thursday of each month. These classes are taught by Certified Lactation Consultant, Holly Prescott. Learn all about the basics of breastfeeding before your sweet bundle of joy arrives!

**Living Well With Diabetes****Time:** 6:00pm



## LIVING WELL WITH DIABETES

2nd Thursday  
of the Month

6:00 PM

Carolina Pines  
Education Classroom

Join us for Living Well with Diabetes, a group where you can find support, tips, and tools for how to manage yours or a family member's diabetes.



Class led by  
**Kim Alton, Registered Dietitian**

### **Lunch & Learn: Relief from Varicose Veins**

**Time:** 12:00pm



## RELIEF FROM VARICOSE VEINS





## Lunch & Learn

Thursday, April 18th

12PM - 1PM

Education Classroom at  
Carolina Pines

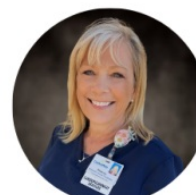
## See And Feel A Difference In Your Legs

Join us to learn all about varicose veins. We'll also be discussing the advanced diagnostics, innovative treatments, and the compassionate care that our new Vein Clinic provides!

Take the first step towards relief, healthier veins, and a better quality of life.



**Philip Chaipis, MD, FACS**  
General & Vascular Surgeon



**Rebecca McKnight, RDCS/RVT**  
Cardiovascular Technical Supervisor

**Register by visiting [cprmc.com/event/227](https://cprmc.com/event/227)**  
**Lunch Provided**