

Tuesday, July 2

- Childbirth Preparation Class - 6:00pm

Thursday, July 4

- Breastfeeding Class - 6:00pm

Thursday, July 11

- Living Well With Diabetes - 6:00pm
-

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