



High Point Regional
Health System

F E B R U A R Y E V E N T S

FEATURED EVENT

Carolina Regional Heart Center

Queen of Hearts

Join us for a fashion show and heart healthy lunch

Guest Speaker: Dr. Kathryn McFarland

Date: February 19 -- Time: 11:30 AM

The Women's Center

Mommy & Me!

Weekly class and support group for new moms and their babies (up to six months old). **FREE.**

- Every Tuesday; 2 pm
(NORTH HIGH POINT)
- Every Wednesday; 10 am

Expectant Parenting Classes

Four classes designed to prepare for childbirth and parenting. **COST: \$10**

- February 1; 6:30 pm

Expectant Parent & Family Tour

In-depth tour of the hospital's maternity and newborn areas. **FREE.**

- February 1, 8, 15 & 25; 6 pm
- February 21; 2:30 pm

Infant Feeding - Breastfeeding

Designed to help expectant parents get a good start toward learning how to breastfeed their baby. **Cost: \$10**

- February 15; 6:30 pm

The Cancer Center

Look Good ... Feel Better

Skin-care & make-up consultation for female cancer patients. **FREE.**

- February 1; 10 am

Living with Cancer Support Group

- February 8; 7 pm

Gentle Yoga for Cancer Patients

- Monday's; 1 pm

Close Knit Knitting Group

- Wednesday's; 9:30 am

The Neuroscience Center

Brain Injury Support Group

- February 2 & 16; 7 pm

Stroke Support Group

Support group for stroke survivors and caregivers.

- February 15; 12 pm

Piedmont Joint Replacement Center

Knee & Hip Pain Seminar

Learn what you can do for your knee and hip pain - including information about medications, nutrition and exercise. **FREE.**

- February 18; 6 pm
(NORTH HIGH POINT)

Regional Center for Bariatric Surgery

Bariatric Surgery Information Clinic

Learn about this revolutionary, laparoscopic, obesity surgery. **FREE.**

- Thursday's; 6 pm

High Point Behavioral Health

Assessment Center 24/7

1-800-525-9375

Nurturing the New Mother

Support for the newest role you have been given - motherhood.

1-800-525-9375



**FEELINGS AFTER BIRTH
TELEPHONE SUPPORT LINE**

878-6000 ext. 2509 (leave message)
or 24/7: 1-800-525-9375

For location and registration: **878-6888** or **www.highpointregional.com**