



The Women's Center  
**Concerning Women**  
**SMOOTH MOVES:**  
**Exercise, Stretching and Preventing Osteoporosis**  
*Kim Leonard, Physical Therapist*  
**Date: October 13 -- Time: 7:00 PM**

FEATURED EVENT

# OCTOBER EVENTS

## 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**  
 • October 5; 6:30 pm

**Expectant Parent & Family Tour**  
 In-depth tour of the hospital's maternity and newborn areas. **FREE.**  
 • October 5, 12, 19 & 26; 6 pm  
 • October 18; 2:30 pm

**Infant Feeding - Breastfeeding**  
 Designed to help expectant parents get a good start toward learning how to breastfeed their baby. **Cost: \$10**  
 • October 19; 6:30 pm

## The Women's Center

**Sibling Class & Tour**  
 For kids who are expecting a new sibling. **FREE.**  
 • October 18; 2:30 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.**  
 • October 15; 2 pm

## Other Events

**Mini Gastric Bypass Clinic**  
 Learn about this revolutionary, laparoscopic, obesity surgery. **FREE.**  
 • Monday's; 3:30 pm

**QuitSmart**  
 Three-class smoking cessation program. **COST: \$50**  
 • Begins October 6; 6 pm

## The Cancer Center

**Look Good ... Feel Better**  
 Skin-care & make-up consultation for female cancer patients. **FREE.**  
 • October 5; 10 am

**Living with Cancer Support Group**  
 • October 12; 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**  
 • October 6 & 20; 7 pm

**Stroke Support Group**  
 Support group for stroke survivors and caregivers.  
 • October 12; 12 pm

**Lumbar Spinal Stenosis Seminar**  
 Learn about an innovative device that may offer relief. **FREE.**  
*Speaker - Dr. Victor Freund, Neurosurgeon*  
 • October 21; 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](http://www.highpointregional.com)**