

**Monday, June 2**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, June 3**

- My Cancer Journey - A Support Group Series for Cancer Patients - 12:30pm

**Wednesday, June 4**

- Blood Drives at Highpoint Health – Sumner Station - 10:00am

**Thursday, June 12**

- Blood Drives at Highpoint Health – Sumner - 10:00am

**Saturday, June 14**

- Saturday Mammograms at Sumner Station

**Tuesday, June 17**

- Blood Drives at Highpoint Health – Sumner Station - 10:00am
- My Cancer Journey - A Support Group Series for Cancer Patients - 12:30pm
- Newborn Care Class - Online - 6:30pm

**Wednesday, June 18**

- Grief Support Group - 3:00pm

**Saturday, June 21**

- Express Childbirth Class - 9:00am

**Tuesday, June 24**

- Breastfeeding Basics Class - Online - 6:30pm

**Monday, June 30**

- Blood Drives at Highpoint Health – Sumner - 10:00am

**Childbirth Weekly Series - Online**

**Time:** 6:30pm

Having a baby is a special experience. New parents, and even experienced ones, may find the addition of a new family member overwhelming. The Childbirth Weekly Series prepares parents-to-be for pregnancy, labor, delivery and newborn care. Simply knowing what to expect can help ease much of the apprehension and concern associated with having a baby. We encourage mothers-to-be to attend during the seventh or eighth month of pregnancy and to bring their spouse or support person.

The Childbirth Weekly Series takes place each month, **EVERY Monday for four consecutive weeks** from 6:30 to 8:30 pm by Highpoint Health – Sumner. *Please note: When you are registering, you are signing up for all 4 classes within the month not just one.*

[Register Online for the Childbirth Weekly Series](#)

**My Cancer Journey - A Support Group Series for Cancer Patients**

**Time:** 12:30pm

My Cancer Journey is sponsored by Volunteer Friends of Highpoint Health – Sumner. All cancer center patients are welcome, regardless the diagnosis, physician or medical facility. Sessions are open to patients and a caregiver or guest. Meetings take place from 12:30-2 pm, on the first and third Tuesday of the month (Jan-Dec). All meetings take place at Highpoint Health – Sumner Station in the Carpenter Cancer Center Conference Room.

Please call [\(615\) 328-5517](tel:6153285517) for details.

**Blood Drives at Highpoint Health – Sumner Station**

**Time:** 10:00am

Highpoint Health with Ascension Saint Thomas is proud to partner with the American Red Cross to host blood drives for the community. To register and make an appointment, visit [American Red Cross Blood Services](#). To make an appointment for a blood drive at Highpoint Health – Sumner Station, enter 37066 as the zip code.

### Blood Drives at Highpoint Health – Sumner

**Time:** 10:00am

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### Saturday Mammograms at Sumner Station

Schedule your screening mammogram at Highpoint Health Imaging for Women with Ascension Saint Thomas. Once a month, we're offering Saturday appointments between 7:40 am and 11:40 am. We understand how busy women can be and want to make it as convenient as possible to get an annual mammogram, recommended for women 40 and older. Request your appointment online or make an appointment by calling [615.328.6500](#).

These dates are for screening mammograms only. A screening mammogram (commonly referred to as an annual breast exam) is performed on women who have no symptoms or signs of breast cancer. If you have any symptoms, please call to schedule a diagnostic breast exam.



Appointments requested online must be confirmed by our registration staff. You will be contacted by phone to provide health and insurance information, and at that time your appointment request will be confirmed. Breast cancer screenings (screening mammograms) take approximately 20 minutes. Registration staff will confirm your exact arrival time within the 7:40-11:40am window.

Once your request is confirmed, you can opt-in to receive text message confirmation and reminders.

*\*Disclaimer: There is no charge to make this appointment request. However, you will be billed for your screening mammogram accordingly based on your insurance coverage. When your appointment is confirmed, a registration agent will ask about your coverage or you may ask if you qualify for self-pay pricing or a special rate.\**

### Newborn Care Class - Online

**Time:** 6:30pm

This online class will teach what to expect the first few weeks at home with your new baby. This includes safe sleep, feedings (both breast and bottle), comforting a crying baby, when to call the doctor and more. This class is taught by a nurse who will be able to answer your questions. She will also walk you through skills to practice such as diapering, feeding, burping, bathing and swaddling.

**This class is offered the 3rd Tuesday of each month from 6:30 p.m. to 8:30 p.m. by Highpoint Health – Sumner.**

[Register for Newborn Care Class](#)

### Grief Support Group

**Time:** 3:00pm

Finding Help Through Grief. Connect with others who are journeying along the pathway through grief. This group is for anyone grieving for any reason. This is a free resource to the community. For more information and to register, please call [615.328.6690](#).

**Express Childbirth Class****Time:** 9:00am

Our Express Prepared Childbirth Class prepares parents-to-be for pregnancy, labor, delivery and newborn care. This class includes a tour of the unit. Simply knowing what to expect can help ease much of the apprehension and concern associated with having a baby. We encourage mothers-to-be to attend during the seventh or eighth month of pregnancy and to bring a support person.

**This class is offered every 3rd Saturday of each month from 9:00 am – 3:00 pm. A lunch break will be from 12:00 pm - 1:00 pm. at Highpoint Health – Sumner.**

[Register Online for Express Childbirth Class](#)

**Breastfeeding Basics Class - Online****Time:** 6:30pm

Our Breastfeeding Basics Class is taught online by an RN who is also an Internationally Board-Certified Lactation Consultant. This class is designed to help you achieve a great nursing experience right from the start! Our class teaches you how to latch, position your baby, milk production, pumping, coping strategies, and more. We encourage our mothers-to-be and their spouse or support person to attend this class during the seventh or eighth month of pregnancy.

**This class is offered the 4th Tuesday of each month from 6:30 p.m.- 8:30 p.m. by Highpoint Health – Sumner.**

[Register Online for Breastfeeding Basics Class](#)

[View Calendar and Events](#)