

healthy CALENDAR

June 16

◆ The Mother-to-Mother Breastfeeding Support Group meets from 11 a.m.-1 p.m. at the West Seventh Church of Christ in Columbia. Babies and siblings are welcome. Those who attend should bring their lunch. Call (931) 490-7074.

June 19

◆ Maury Regional Medical Center offers free tours of Labor/Delivery and Obstetric Unit for expectant parents and families. Tours begin at 9:30 a.m. in the family waiting area on the fourth floor. No registration is required. Call (931) 490-7046.

◆ An expectant parent class, "Siblings," meets from 10 a.m.-noon. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

◆ An expectant parent class, "Infant CPR," meets at noon. The class will be held at MRMC. The cost for the class is \$35. Call (931) 490-7046.

June 21

◆ The Breast Cancer Support Group meets at MRMC at 5:30 p.m. Call (931) 540-4166.

◆ An expectant parent class, "Post Partum," meets from 7-9 p.m. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

June 24

◆ The Ostomy Partners Support Group is for persons with an ileostomy, colostomy or urostomy and meets 10 a.m. and 6 p.m. at MRMC. Family members and friends are also invited. Contact (931) 540-4172.

June 26

◆ An expectant parent class, "Baby Basics," meets from 10 a.m.-noon. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

July 5

◆ Smoking Cessation Program Class I: Starting Out & Removing Roadblocks. MRMC offers a group smoking cessation program to help those who want to quit smoking. The program will consist of a series of four classes held each Monday from 6-7:30 p.m. in the first floor conference room at the medical center. Participants are required to purchase a \$10 class guide with exercises for each class topic. Call (931) 381-1111 ext. 2334.

◆ An expectant parent class, "Lamaze," meets from 7-9 p.m. The class will be held at MRMC. The cost for the class is \$125 for five weeks. Call (931) 490-7046.

July 6

◆ The Diabetes Education Group meets at 11:30 a.m. in MRMC's Private Dining Room 1. Topics and presenters vary each month. Call (931) 540-4324.

◆ An expectant parent class, "Labor," meets from 7-9 p.m. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

July 7

◆ The Mother-to-Mother Breastfeeding Support Group meets from 11 a.m.-1 p.m. at the West Seventh Church of Christ in Columbia. Babies and siblings are welcome. Those who attend should bring their lunch. Call (931) 490-7074.

July 9

◆ MRMC will perform blood pressure screenings and provide health information from 10 a.m.-noon at the People's Table located at First United Methodist Church. Call (931) 381-1111 ext. 4343.

July 11

◆ MRMC offers free tours of Labor/Delivery and Obstetric Unit for expectant parents and families. Tours begin at 1:30 p.m. in the family waiting area on the fourth floor. No registration is required. Call (931) 490-7046.

◆ An expectant parent class, "Breastfeeding," meets from 2-4 p.m. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

July 12

◆ Smoking Cessation Program Class II: Getting Ready to Quit. MRMC offers a group smoking cessation program to help those who want to quit smoking. The program will consist of a series of four classes held each Monday from 6-7:30 p.m. in the first floor conference room at the medical center. Participants are required to purchase a \$10 class guide with exercises for each class topic. Call (931) 381-1111 ext. 2334.

July 13

◆ Free blood pressure checks are offered by Maury Regional Home Services from 9:30-10:30 a.m. at the Columbia Senior Center located near the main entrance of Maury County Park. Call (931) 490-4600.

◆ An expectant parent class, "Delivery," meets from 7-9 p.m. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

July 19

◆ Smoking Cessation Program Class III: Staying



Off Cigarettes. The program will consist of a series of four classes held each Monday from 6-7:30 p.m. in the first floor conference room at the medical center. Participants are required to purchase a \$10 class guide with exercises for each class topic. Call (931) 381-1111 ext. 2334.

July 20

◆ An expectant parent class, "Baby Basics," meets from 7-9 p.m. The class will be held at MRMC. The cost for the class is \$25. Call (931) 490-7046.

Daily

◆ Alcoholics Anonymous meets at noon and 7 p.m. at 1113 S. High St. in Columbia. Call 381-1048.

◆ Narcotics Anonymous meets seven days a week at 7:30 p.m. at St. Peters Episcopal Church on West 7th Street. Also, meetings are held each Tuesday at noon and each Saturday at 10 a.m.

Please enter the building at the side entrance on Walker Street.

Weekly

◆ CODA. Codependents Anonymous. meets from 6:30-7:30 p.m. each Wednesday at the Winchester Building in Spring Hill. Call 486-3434.

◆ Impending Loss and Grief Recovery support group meets from 6-7:15 p.m. at Hospice Compassus, 1412 Trotwood Ave., Suite 5, in Neely's Mill Shopping Center, every Tuesday. Call 381-4090.

◆ The Alanon Family Group meets at 7 p.m. every Wednesday at 1113 S. High St. Call (931) 381-1048.

◆ The Nashville Chapter of the Polycystic Kidney Disease Foundation meets 7 p.m. the fourth Tuesday of each month at the Cool Springs YMCA, 121 Seaboard Lane in Franklin. Contact Carol Boeing at nashvillechapter@pkdcure.org.