

**Thursday, May 2**

- Joint Reunion: Getting Back in Motion Celebration - 12:00pm
- Breastfeeding Class - 6:00pm

**Tuesday, May 7**

- Childbirth Preparation Class - 6:00pm

**Thursday, May 9**

- Living Well With Diabetes - 6:00pm

**Thursday, May 30**

- Lunch & Learn: Stroke Awareness Month - 12:00pm

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**Joint Reunion: Getting Back in Motion Celebration**

**Time:** 12:00pm



# Joint Reunion

## MAY 2ND, 2024 | 12PM-1PM CAROLINA PINES EDUCATION CLASSROOM LUNCH PROVIDED

We are excited to host our first Getting Back in Motion Celebration, where we'll celebrate all the wonderful possibilities that lie ahead as you regain mobility and embrace life to the fullest! Come hear from special guest speakers, sharing tips on how to maintain a healthy post-surgery lifestyle.



Total Knee and Hip  
Replacement Certification



**Lee Moyd, RN**  
Joint Certification  
Coordinator

Register by visiting  
[cprmc.com/event/225](https://cprmc.com/event/225)

### 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!

### **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.

### **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**

### **Lunch & Learn: Stroke Awareness Month**

**Time:** 12:00pm



# STROKE AWARENESS MONTH

## Lunch & Learn

Thursday, May 30th

12PM – 1PM

Education Classroom at  
Carolina Pines

## LEARN MORE ABOUT THE SIGNS OF STROKE & HOW TO ACT FAST

Strokes are the leading cause of disability for Americans with someone in the United States having a stroke every 40 seconds. Recognizing the signs and symptoms of a stroke and knowing how to act quickly are key to saving lives.



Dr. Brian Sponseller  
Chief Medical Officer



The Joint  
Commission



American Heart  
Association  
American Stroke  
Association

CERTIFICATION

Meets standards for  
**Primary Stroke Center**



Ashley Johnson, BSN, RN  
Stroke and Chest Pain Coordinator

**Register by visiting [cprmc.com/event/226](https://cprmc.com/event/226)  
Lunch Provided**