

### Tuesday, February 4

- Childbirth Preparation Class - 6:00pm

### Thursday, February 6

- Breastfeeding Class - 6:00pm

### Thursday, February 20

- Lunch & Learn: Understanding Kidney Health - 12:00pm
- 

### 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.

### 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!

**Lunch & Learn: Understanding Kidney Health**

**Time:** 12:00pm



## Understanding Kidney Health

### Lunch & Learn

---

Thursday, February 20th

12PM - 1PM

Education Classroom at  
Carolina Pines

## Kidney Care 101: Preventing Disease and Managing Conditions

Join us for an informative and engaging session with Dr. Dillingham, as she shares insights into how to take care of your kidneys, prevent common kidney diseases, and manage existing conditions. Whether you're at risk or simply want to learn more, this session will provide valuable knowledge to help you live a healthier life, all while enjoying a lunch that aligns with a kidney-friendly diet.



**Dr. Christine Dillingham,**  
Nephrologist

Register by visiting [cprmc.com/event/235](https://cprmc.com/event/235)  
**Lunch Provided**