

**Tuesday, October 1**

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

**Wednesday, October 2**

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

**Friday, October 4**

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

**Saturday, October 5**

- Childbirth Class (Riverview) - 9:00am

**Monday, October 7**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, October 8**

- Diabetic Support Group

**Saturday, October 12**

- Saturday Mammograms at Sumner Station

**Monday, October 14**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, October 15**

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

**Saturday, October 19**

- Express Childbirth Class - 9:00am

**Monday, October 21**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, October 22**

- Breastfeeding Basics Class - Online - 6:30pm

**Monday, October 28**

- Childbirth Weekly Series - Online - 6:30pm

**Tuesday, October 29**

- Highpoint Health - Riverview Scare Away Breast Cancer Event - 3:00pm
- Imaging for Women Scare Away Breast Cancer Event - 4:00pm

**Wednesday, October 30**

- Community Health Needs Assessment Focus Groups - 7:30am

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**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 (Feb-Dec). All meetings take place at Highpoint Health – Sumner Station in the Carpenter Cancer Center Conference Room, except the following date(s):

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

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, enter 37066 as the zip code.

**Childbirth Class (Riverview)****Time:** 9:00am

In order to ease any anxiety you and your partner may be having leading up to the birth of your baby, we offer a childbirth class and tour to prepare you for delivery day. This class is meant to answer all questions you may have, as well as covering topics such as hospital check-in, your stay with us, what to expect, what you should pack for your stay, how long you should anticipate staying, and more.

**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](#)

**Diabetic Support Group**

Diabetes is a chronic disease that can impact your life in many ways especially when left untreated. The Diabetes Education Center at Highpoint Health – Riverview offers a Diabetic Support Group on the second Tuesday of each month starting at 6 pm. This support group is FREE of charge and is meant for diabetics and supporting family members. Learn more and register by calling [615.735.5320](tel:615.735.5320)

**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](tel: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.\**

#### 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](#)

#### Highpoint Health - Riverview Scare Away Breast Cancer Event

**Time:** 3:00pm



Join us in scaring away breast cancer by getting your annual screening mammogram!

- Walk-ins welcome – no appointment necessary.
- No insurance? No problem! This month only, take advantage of our \$99 self-pay special.
- Enjoy some spooky and pink decorations and light refreshments
- Get your mammogram during this event and be entered to win a gift card!

Let's have some fun while raising awareness! For questions, call [615.735.5300](tel:615.735.5300).

*Note: This date is 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.*

**Imaging for Women Scare Away Breast Cancer Event**

**Time:** 4:00pm



Join us in scaring away breast cancer by getting your annual screening mammogram!

- Walk-ins welcome – no appointment necessary.
- No insurance? No problem! This month only, take advantage of our \$99 self-pay special.
- Bring your kids for free, fun activities: spooky candy trail, coloring, games, and light refreshments.
- Already had your mammogram this year? You can still come and enjoy vendor booths and all the free activities!

Let's have some fun while raising awareness! For questions, call [615.328.6500](tel:615.328.6500).

*Note: This date is 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.*

**Community Health Needs Assessment Focus Groups**

**Time:** 7:30am

Let's chat about what our community needs for better health! Join us for our **Community Health Needs Assessment Focus Groups** event at **Highpoint Health – Sumner with Ascension Saint Thomas**. This in-person gathering is an opportunity for community members to share their thoughts and concerns about local health needs. Groups are available in time slots between 7:30am and 5pm on October 30th. Your input is valuable in shaping future healthcare initiatives. Come be a part of the conversation and help us make a positive impact on the health of our community!