

August

Community health education. Close to home.

Wellness Center at Springbrook

Pre-registration is required for all classes and programs, and payment is due at the time of registration. For more information or to register, call 865-980-7100.

American Red Cross Children's Evening Swim Lessons

Tuesdays and Thursdays, Aug. 15 – Sept. 7

Preschool 1-3 – 7-7:30 p.m.

Orients children to the aquatic environment and helps them gain basic aquatic skills. Designed for ages 2-6.

Level 1+ – 7:30-8 p.m.

Participants will feel comfortable and learn basic skills unsupported by instructor.

Cost: \$50/members; \$75/non-members

American Red Cross Children's Swim Lessons

Saturdays, Aug. 19 – Oct. 7

Parent and Child Class 1, 6-18 months

Orients children to the aquatic environment with parent's assistance which helps them gain basic aquatic skills and feel comfortable in the water.

Saturdays, 9-9:30 a.m.

Parent and Child Class 2, 18-36 months

Orients children to the aquatic environment with parent's assistance which helps them gain basic aquatic skills and feel comfortable in the water.

Saturdays, 9:30-10 a.m.

Preschool 1

Orients children to the aquatic environment and helps them gain basic aquatic skills.

Saturdays, 10-10:30 a.m.

Preschool 2

Helps children gain greater independence in their aquatic skills and develop more comfort in and around the water.

Saturdays, 10:30-11 a.m.

Level 1 – Learn to Swim

Designed to help participants feel comfortable and learn basic skills, unsupported by the instructor.

Saturdays, 11-11:30 a.m.

Level 2/3 – Swimmer

Builds on fundamental skills and concentrates on stroke development and refinement.

Saturdays, 11:30 a.m. – noon

Cost: \$50/members; \$75/non-members

American Red Cross Shallow Water Lifeguarding Certification

This one-day class combined with online training at your convenience will provide you with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in shallow water, as well as how to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over.

Monday, Aug. 27, 8 a.m. – 8 p.m.

Cost: \$100/members; \$125/non-members

Family Birthing

For more information about classes and programs or to register, visit blountmemorial.org/birthingcenter or call 865-981-3983. All classes are in the Family Birthing Center classroom unless otherwise noted.

Infant and Child Safety and CPR

Monday, Aug. 14, 6:30-9:30 p.m.

Cost: \$30/person

Orientation Tour

Highly recommended for couples not enrolled in the Prepared Childbirth Series and those who haven't toured the birthing center. The tour also includes a brief discussion of selected policies and procedures.

Monday, Aug. 14, 5:30-6:30 p.m.

Breastfeeding Class

Provides an overview of the physiology of breastfeeding and benefits to infant and mother.

Wednesday, Aug. 23, 11:30 a.m. – 1 p.m.

Cost: \$25

Special Delivery: What to Expect During Labor

A concise childbirth course designed to prepare the expectant mother and her labor companion for labor and delivery. Topics will include: recognizing when labor starts, stages of labor and coping techniques, natural methods of pain control/relaxation, medications, epidural anesthesia, vaginal and cesarean birth. Also includes a birthing center tour.

Saturday, Aug. 26, 8:30 a.m. – 12:30 p.m.

Cost: \$45/\$25 non-refundable deposit

Siblings at Birth

Helps prepare a child for attendance at the birth of a sibling. Class includes tour, discussions of the birth process and more. Class information is available upon request by calling 865-977-5555.

Cost: \$30/for two or three individualized sessions

Support Groups

The Compassionate Friends Foothills Chapter

A grief support group for parents of children who have died. Members meet the fourth Monday of each month.

Monday, Aug. 28, 6:30-8 p.m.

Blount Memorial Hospital auditorium

Adult Grief Support Group

This support group is a six-week program that offers education, support and encouragement for adults who have experienced the death of a loved one. For more information or to register, call 865-977-5702.

Tuesdays, Aug. 22 – Sept. 26, 6-7:30 p.m.

Blount Memorial Home Services and Hospice Building, 1095 E. Lamar Alexander Parkway

Cancer Care

Head and Neck Resource Support Group

This support group is dedicated to raising awareness and meeting the needs of head and neck cancer patients. Members meet the first Thursday of each month and patients and their families are welcome to attend. For more information, call 865-977-4729.

Thursday, Aug. 3, 2-3:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

Look Good, Feel Better

This national program is dedicated to teaching women who are cancer patients the techniques to help restore their appearance and self-image. You are invited to attend any one session free of charge, providing you are currently receiving either chemotherapy or radiation therapy at any hospital. To register, call the Blount Memorial Cancer Center at 865-977-5534.

Presenters: Annette Manley and Joyce DeVooght, licensed cosmetologists; and Joan Speck, Blount Memorial Hospital volunteer

Monday, Aug. 7, 10 a.m. – noon

Blount Memorial Cancer Center conference room 2, second floor

Lymphedema Support Group

This support group is for lymphedema patients that focuses on topics related to self-care, treatment, social and emotional support, and awareness. For more information or to register, call 865-980-5089.

Thursday, Aug. 10, noon – 1:30 p.m.

Blount Memorial Cancer Center conference room 1, second floor.

Breast Cancer Support Group

This support group is open to all breast cancer survivors, regardless of where they received treatment. The support group meets the third Monday of each month. For more information, call 865-977-5534.

Monday, Aug. 21, noon – 1:30 p.m.

Blount Memorial Cancer Center conference room 2, second floor

Blount County Prostate Cancer Support Group

This group is open to all prostate cancer patients, survivors and their spouse/care partner, regardless of where they received or will receive treatment. The group meets the third Monday of each month. For more information about the group, call 865-977-5534, Pat Smith at 937-369-7641 or Gene Thompson at 865-984-4903.

Monday, Aug. 21, 6:30 p.m.

Blount Memorial Cancer Center conference room 1 and 2, second floor

LifeStories

Preserve your memories by scrapbooking in this monthly art program. This support group is for cancer patients, survivors and their families. All supplies are furnished. Participants should bring the photos they wish to use. For more information or to register, call 865-977-5534.

Monday, Aug. 28, 9 a.m. – 1 p.m.

Blount Memorial Cancer Center conference room 1, second floor

OUR COMMUNITY



Medic Blood Drive

Friday, Aug. 11, noon – 6 p.m.

Blount Memorial Hospital auditorium



OUR COMMUNITY

Blount Memorial Volunteer Services Jewelry Sale

Around-the-clock shopping including bracelets, rings, necklaces, brooches, pendants, watches, apparel and much more. All men's and women's pieces are \$5 each. Money raised helps provide scholarships and is used for capital or hospital improvements.

Monday, Aug. 14, 6 p.m. –

Wednesday, Aug. 16, 3 p.m.

Blount Memorial ground-floor lobby

Senior Services

Caregiver Consultations

Caregivers can discuss their situations and explore possible strategies and resources at a free one-on-one consultation with a Senior Services representative. For more information, call 865-977-5744.

Caregiver Coffee and Conversation

Presenter: Edward Harper, Senior Services coordinator and licensed clinical social worker

This is a free opportunity for caregivers of other adults to gather at an informal setting to discuss the experiences of caregiving and the availability of resources. The Caregiver Coffee and Conversation is a collaboration between Blount Memorial Senior Services and Vienna Coffee Company. For more information, call 865-977-5744.

Tuesdays, Aug. 1 and 15, 10-11 a.m.

Vienna Coffee House, 212 College St., Maryville

Mid-Week Music - Blount Memorial's Open Stage for Musicians

This event is an opportunity for musicians who would like to perform and join others in a community of music and fellowship. Each act will have a two-song limit playing acoustic instruments only. This event is a partnership between Blount Memorial Senior Services and Everett Senior Center. For more information, call 865-977-5744 or 865-983-9422.

Wednesdays, Aug. 9 and 23, 10-11:30 a.m.; performer sign-up begins at 9:30 a.m.

Everett Senior Center, 702 Burchfield St., Maryville

LifeLong Learning Lecture Series - Predator and Prey in the Wild

Thursday, Aug. 24, 1:30-3 p.m.

Dave Unger, Maryville College Associate Professor of Biology

Reality bites, literally and figuratively. Dave Unger will lecture on the realities of predator and prey relationships in nature and how we are participants in this lifecycle. Join professor Unger, and expand your understanding of the uncomfortable but real and vital everyday reality. This event is sponsored by Blount Memorial Senior Services, Maryville College and Vienna Coffee Company. For more information, call 865-977-5744.

Vienna Coffee House, 212 College St., Maryville

OUR COMMUNITY

Blount Memorial Wellness Center at Springbrook 20th Anniversary Open House

Join us as we celebrate our 20th anniversary with an open house and special sampling of classes and activities including chair massages, facility tours, kids' activities, light refreshments, live music and more. We'll also have a prize drawing for a free 20-month membership for a potential new member as part of our celebration. New members also can enjoy a \$19.97 first-month rate in celebration of our opening year.

Saturday, Aug. 12, 9 a.m. – noon
Blount Memorial Wellness Center at Springbrook, 220 Associates Blvd., Alcoa