



# JANUARY 2009—SPECIAL EVENTS

- 2 7am **Appointments for Cholesterol Screenings**— Call today to sign up for the Cholesterol Screening on January 8th. Cost is \$15 see below for details. 846-0744
- 8 8:00 am **Interagency Meeting**—Sweet Aroma's—Open meeting, come share and hear about happenings in Ashe County. Free, but breakfast on your own.
- 7 7:00pm **American Red Cross Adult CPR**— Certification Class. \$45 for all three classes or \$25 for the first class and \$10.00 for additional classes. Call to register: 846-0781
- 8 6:00pm **Childbirth/Newborn Care Classes**— Ashe Memorial Hospital Conference room— Great classes for expectant parents. Classes cover healthy pregnancy, childbirth and newborn care. Cost is \$82.50 for the 6 week session. Cost is covered by Medicaid, some insurance companies and AMH's Financial aid program.
- 14 7:00pm **American Red Cross Infant/Child CPR**— Certification Class- \$45 for all three classes or \$25 for the first class and \$10.00 for additional classes. Call to register: 846-0781
- 15 11:00am **Annual ACT Against Cancer Meeting**— Open to anyone who wishes to help plan Cancer programming for the year. Ashe Family Central— RSVP for Lunch 846-0781
- 21 7:00pm **American Red Cross First Aid Course**— Certification Class- \$45 for all three classes or \$25 for the first class and \$10.00 for additional classes. Call to register: 846-0781
- 16 3:00 pm **Free Car Seat Check**—Ashe Family Central in the community room—this is a free volunteer service, for more information call 336-846-0781

Free Pharmacy **Ashe Medication Assistance Program**- Call **Beth Rodriguez or Shelley Elliott** 982-6000  
*Office at Ashe Family Central. Now taking new patients!*

## Screenings

- 8 7:30 am-9:30 am **Cholesterol & Blood Sugar Screening:** This test reports total cholesterol, HDL, LDL, triglycerides and blood sugar. AMH Mt. Heart—Cost \$15. Must fast for 12 hours. By appointment only. Appointments taken beginning January 2, 2009. 846-0744

## COMMUNITY MEETINGS- All are welcome meetings are open to the public.

- 5 5:30 pm **Habitat for Humanity Meeting**— Smoky Mnt. BBQ. 384-2398
- 14 4:00pm **Ashe Volunteer Initiative**— Ashe Services for Aging— 246-2461
- 13 8:30 am **Elder Abuse Task Force Meeting**— DSS Courthouse 846-5719
- 20 8:30 am **Physical Activity, Nutrition, Tobacco** W Jefferson Coffee House 846-0781
- 19 6:30 pm **Autism Society of NC**— Ashe Family Central 877-2921
- 20 6:30 pm **Women's Cancer Support**— Call for information 246-7567

## Education & Special Projects

**Ongoing at Mountain Hearts:** 846-0744  
 Swim Lessons: Tadpoles (3,4 yrs), Beginners, Intermediate, Advanced. For Moms to be & New Moms-Great Beginnings.  
 Aerobics; Yoga Classes; Diabetes Self-Management; Smoking Cessation; Tai Chi

**Ashe Partnership for Children:** 982-4588 GED Classes and Playroom—Call for more information



**Mark Those Calendars: 1) January 9, 2009-Ashe County Healthy Carolinians Steering Committee Meeting— 8am Sweet Aromas**