

FEBRUARY 2008—CALENDAR/ SPECIAL EVENTS

- 4th 7:00 pm **Adult CPR**— American Red Cross Certification Course— Charge depends on how many classes you are taking. \$25 for first class & \$10 for each additional class. Call 846-0781
- 5th 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.
- 11th 11:30am **Smoking Cessation Class #1**— Free program. Series consists of 2 classes one week apart with support offered through QuitNow NC. Call 846-0744 to sign up for the classes.
- 11th 7:00 **Child CPR**- American Red Cross Certification Course— Charge depends on how many classes you are taking. \$25 for first class and \$10 for each additional class. Call 846-0781 to sign up or for more information.
- 12th 7:30-9:30am **Cholesterol Screening**— Cost \$15. Test consists of : Total Cholesterol, Triglycerides, HDL, LDL and Blood Sugar. 12 Hour Fast is necessary and appointments are taken at the beginning of the month. Call 846-0744
- 18th 8:00am **Smoking Cessation Class #2**- Free program. Series consists of 2 classes one week apart with support offered through QuitNow NC. Call 846-0744 to sign up for the classes.
- 18th 12pm **Free Program on Women and Heart Disease**— Dr. Bohle, Cardiologist is guest speaker. Program includes a free lunch. Call to reserve your space. 846-0781
- 18th 7:00pm **First Aid Course**- American Red Cross Certification Course— Charge depends on how many classes you are taking. \$25 for first class and \$10 for each additional class. Call 846-0781 to sign up or for more information.
- 19th 8:30-1:00pm **State of Health Quality of Life Community Forum**— Ashe Services for Aging. Free program. Learn about resources and projects to meet these hard economic times. Call 846-0781 to reserve your space.
- 20th 3:00 pm–4:30 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
- 26th 7:30-9:30am **Cholesterol Screening**— Cost \$15. Test consists of : Total Cholesterol, Triglycerides, HDL, LDL and Blood Sugar. 12 Hour Fast is necessary and appointments are taken at the beginning of the month. Call 846-0744

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

COMMUNITY MEETINGS- All are welcome. Meetings are open to the public.

2	5:30 pm	Habitat for Humanity Meeting— Smoky Mountain BBQ.	384-2398	17	8:30 am	Physical Activity, Nutrition, Tobacco W Jefferson Coffee House	846-0781
10	8:30 am	Elder Abuse Task Force Meeting— DSS Courthouse	846-5719	17	6:30 pm	Autism Society of NC— Ashe Family Central	877-2921
11	4:00 pm	Ashe Volunteer Initiative— Ashe Services for Aging	246-2461	17	6:30 pm	Women’s Cancer Support— Call for information	246-7567

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**
 Classes and Playroom—Call for more info