



# APRIL 2009 - CALENDAR/ SPECIAL EVENTS



<b>1st</b>	7:00 pm	<b>Adult CPR</b> — American Red Cross Certification Course-- \$25 for first class & \$10 for each additional class. Call 846-0781
<b>2nd</b>	8:00 am	<b>Interagency Meeting</b> —Sweet Aroma’s—Open meeting, come share and hear about happenings in Ashe County. Free, but breakfast is on your own.
<b>2nd</b>	6:00 pm	<b>Childbirth/Newborn Care Classes</b> — Hospital Library
<b>4th</b>	11:00am	<b>Arts Festival</b> —West Jefferson School
<b>6th</b>	5:30 pm	<b>Habitat for Humanity</b> - Smokey Mountain BBQ
<b>8th</b>	7:00pm	<b>Child CPR</b> - 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.
<b>9th</b>	7:30-9:30am	<b>Cholesterol Screening</b> — 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
<b>9th</b>	6:00 pm	<b>Childbirth/Newborn Care Classes</b> — Hospital Library
<b>15th</b>	11:30am	<b>Smoking Cessation Session II</b> —Class 1—Mountain Hearts—Mountain Hearts—847-0744
<b>15th</b>	7:00pm	<b>First Aid Course</b> - 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.
<b>16th</b>	6:00 pm	<b>Childbirth/Newborn Care Classes</b> — Hospital Library
<b>17th</b>	All Day	<b>Blood Draw for Prostate Screening</b> - The screening is <b>free</b> , but you must call for an appointment no later than April 13 - Call 846-0744
<b>17th</b>	2:00pm	<b>Free Car Seat Check</b> —Ashe Family Central in the community room at 3:00 pm — This is a free volunteer service, for more information call 336-846-0781
<b>19 th</b>	-25th	<b>Week of the Young Child</b> — Check with Ashe Partnership for Children at Family Central
<b>22nd</b>	11:30 am	<b>Smoking Cessation Session II</b> —Class 2—Mountain Hearts
<b>23rd</b>	1:00	<b>Prostate Screening with Dr. David Cooke</b> - 3rd Floor AMH Outpatient Clinic
<b>23rd</b>	6:15pm	<b>Volunteer Award Reception</b> —Ashe High School
<b>23rd</b>	6:30pm	<b>NC Autism Meeting</b> - Family Central - Autism Awareness Month Presentation
<b>23rd</b>	7:00pm	<b>Volunteer Award Ceremony</b> — Ashe High School
<b>Free</b>	<b>Pharmacy</b>	<b>Ashe Medication Assistance Program—Call Beth Rodriguez or Shelley Elliott</b>

Office at Ashe Family Central. Now taking new patients

982-6000

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

<b>6th</b>	<b>5:30 pm</b>		<b>384-2398</b>
<b>8th</b>	<b>4:00 pm</b>	<b>Ashe Volunteer Initiative</b> Ashe Services for Aging	<b>246-2461</b>
<b>14th</b>	<b>8:30 am</b>	<b>Elder Abuse Task Force Meeting</b> DSS Courthouse	<b>846-5719</b>
<b>21st</b>	<b>8:30 am</b>	<b>Physical Activity, Nutrition, Tobacco</b> W Jefferson Coffee House	<b>846-0781</b>
<b>23rd</b>	<b>6:30 pm</b>	<b>Autism Society of NC</b> Ashe Family Central	<b>877-2921</b>
<b>21st</b>	<b>6:30 pm</b>	<b>Women's Cancer Support</b> Call for information	<b>246-7567</b>

Ongoing at Mountain Hearts: 846-0744

Swim Lessons: Tadpoles (3,4 yrs), Beginners, Intermediate, Advanced.

Yoga Classes; Diabetes Self-Management; Smoking Cessation;