

**Wednesday, February 5**

- Weight Loss Support Group Benton - 6:00pm

**Wednesday, February 12**

- Childbirth Class - 6:00pm

**Thursday, February 13**

- Dementia Caregiver Support Group - 2:30pm

**Wednesday, February 19**

- Breastfeeding Class - 6:00pm

**Saturday, February 22**

- Beat Goes on 5K - 9:00am

**Weight Loss Support Group Benton**

**Time:** 6:00pm

Losing weight is not easy. That's why we offer free local weight loss support groups to anyone looking to lose weight. This is a judgment free zone where we are all working towards the same goal: living a long and healthy life. We encourage you to join us for any of our support groups, you'll be glad you did!

Drop ins welcome, completely free to the public!

**For more information, call our Bariatric Office at (501) 574-7171.**

**Childbirth Class**

**Time:** 6:00pm

The Saline Memorial Hospital Labor and Delivery Department offers free childbirth classes for patients delivering at SMH.

The childbirth class discusses what to expect during pregnancy, the stages of labor, coping techniques to use during labor, vaginal delivery, casearean delivery, basic infant care, what to bring to the hospital and what to expect during and delivery and postpartum. Parents will also be given a tour of the SMH Labor and Delivery Department.

Classes are held in Classroom 1 of the Health Education Building from 6 p.m. to 8:30 p.m. the second Wednesday of the month .

Please register by filling out the form below or calling 501.776.6300.

**Dementia Caregiver Support Group**

**Time:** 2:30pm

The behavioral health team hosts a monthly Dementia Caregiver Support Group at 2:30 p.m. every second Thursday of the month in Classroom 3 at Saline Memorial Hospital. The in-person group is facilitated by Stacy Drennan, certified dementia caregiver support group facilitator. It is also available online.

Text Stacy Drennan at 501.776.6667, or email her at Stacy.Drennan@salinememorial.org to register.

**Breastfeeding Class**

**Time:** 6:00pm

We have a class about breastfeeding in Classroom 1 of the Health Education Building from 6 p.m. to 7 p.m. every third Wednesday of the month.

**Beat Goes on 5K**

**Time:** 9:00am

Why Race?

Your heart is one of the hardest working muscles in your body, and it beats around the clock, only getting a break when you relax or sleep. With so much riding on this essential muscle, it's important to ensure you're doing all you can to keep it in good shape, like eating a healthy diet and staying active. What better way to do that than by running (or walking) with your friends in support of a good cause, like the Arkansas Foodbank!

Register at [SalineMemorial.org/5K](https://SalineMemorial.org/5K).