

Thursday, October 3

- Cheers for the Girls 2024 - 10:00am

Monday, October 21

- Childbirth Class - 4:00pm

Cheers for the Girls 2024

Time: 10:00am

Southern Tennessee Regional Health System-Winchester announces its 7th annual Breast Cancer Awareness event, Cheers for the Girls, to be held on October 3, 2024. Local breast cancer survivor, Carolyn Payne, will be the guest speaker and she will share her inspiring testimony with attendees. The event will be held at the Honeysuckle at Twin Creeks and will feature brunch for attendees. A breast cancer survivor may be sponsored so that they can be recognized during the medallion ceremony during the event. Breast cancer survivor medallions, along Cheers for the Girls t-shirts, will be available to purchase at Treasures located at 1307 Dinah Shore Blvd. in Winchester. The t-shirts and medallions are each \$25. The proceeds from these shirts and medallions benefit the Multi-County Cancer Support Network.

To attend the free Cheers for the Girls event you can register online. Breakfast will be served at 10 AM and the program will begin at 10:15 AM.

According to the National Breast Cancer Foundation, one in eight women in the U.S. will be diagnosed with breast cancer in her lifetime. Regular mammogram screenings are recommended for women age 40 and above as an essential tool for early detection and the fight against breast cancer.

Mammograms can be scheduled at STRHS-Winchester by calling [\(931\) 967-8258](tel:9319678258).

Childbirth Class

Time: 4:00pm

We would like to invite all expecting parents to our FREE CHILDBIRTH CLASS.

January 22, 2024

FEBRUARY 26, 2024

MARCH 18, 2024

APRIL 15, 2024

MAY 20, 2024

JUNE 17, 2024

JULY 15, 2024

AUGUST 19, 2024

SEPTEMBER 16, 2024

OCTOBER 21, 2024

NOVEMBER 18, 2024

DECEMBER 9, 2024

Childbirth Class is 4:00 PM-7:00 PM

Location:
Southern Tennessee Employee Development & Wellness Center
1397 S. College St.
Winchester, TN 37398

Register online, e-mail Catherine Chappell, BSN, RN at catherine.chappell@lpnt.net, or call 931.967.8200 ext. 8554