

Thursday, February 1

- Medicaid Expansion Enrollment Events

Tuesday, February 6

- The Mother's Connection - Mommy Group - 11:30am

Tuesday, February 13

- The Mother's Connection - Mommy Group - 11:30am

Tuesday, February 20

- The Mother's Connection - Mommy Group - 11:30am

Wednesday, February 21

- Lunch and Learn - Heart to Heart: Let's Talk Heart Healthy Living - 12:00pm

Tuesday, February 27

- The Mother's Connection - Mommy Group - 11:30am

Medicaid Expansion Enrollment Events

Time: 6:00pm

North Carolina is expanding Medicaid coverage. Drop into one of our Medicaid events to verify eligibility and apply for benefits!

Tuesday, Jan 30. 5-8 p.m.

[Waynesville Library](#)
[678 S Haywood St.](#)
[Waynesville, NC 28786](#)

Thursday, Feb 1. 5-8 p.m.

[Canton Library](#)
[11 Pennsylvania Ave.](#)
[Canton, NC 28716](#)

[Learn About Medicaid Eligibility](#)

The Mother's Connection - Mommy Group

Time: 11:30am

Mothers and their new babies, from birth through the crawling stage, are invited to join this popular class. Mothers share their joys, frustrations, questions and concerns as they make new friendships and receive positive support for their role as a mother. The nursery is available for a small fee for other children.

The Mother's Connection is held on Tuesdays from 11:30 - 1:30 pm, excluding Holidays. Free of charge and pre-registration is not required. Call 828.452.8440 with any questions.

Lunch and Learn - Heart to Heart: Let's Talk Heart Healthy Living

Time: 12:00pm

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. This month's talk will feature cardiologist Steven Gore, MD, and dietitian Lauren Teague, RD, CDE, who will discuss heart health and nutrition, so you don't miss a beat!

Guests will enjoy a complimentary lunch during the presentation. Guests must RSVP online at MyHaywoodRegional.com/lunchandlearn or by calling 828.425.8828.

HAYWOOD
REGIONAL MEDICAL CENTER
A Duke LifePoint Hospital



Heart to Heart: Let's Talk Heart Healthy Living

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Steven Gore, MD



Lauren Teague, RD, CDE

Lunch and Learn
Haywood Regional Health & Fitness Center

Wednesday, February 21
12:00 - 1:00 PM
75 Leroy George Dr.
Clyde, NC 28721

Use QR Code
to RSVP!



To learn more or RSVP, call
828.452.8828 or online
MyHaywoodRegional.com/lunchandlearn