APRIL EVENTS & CLASSES

TUESDAY, APRIL 1

12noon Safe Kids Catawba County Coalition Meeting
Call for more info about our Safe Kids coalition and how you can help support our efforts to prevent injuries among children.
Pre-registration is required. 828/485-6205

THURSDAY, APRIL 3

3:30pm Bariatric Surgery Educational Seminar
This address the special financial needs of families and individuals dealing with a diabetes process. The class will cover Medical guidelines for individuals and couples, and the draw back that may help for individuals who try to enroll in Medical aid two times. It will work with guidelines to encourage financial benefits for veterans that may require home health, assisted living facility stay or confinement in a nursing home. The class will end with a list of three classes addressing various Alzheimer’s Disease related issues. David Hudson, CEP. A Registered Financial Consultant with Mater’s Estate & Financial Services will be the speaker for this class. Please call to pre-register. Class size is limited. 828/485-3200 ext. 6201

THURSDAY, APRIL 10

3pm Bariatric Surgery Support Group
Meet with others who can lend support to bypass, band and sleeve gastrectomy patients. Contact Libby Stover for more information. 828/326-2082.

FRIDAY, APRIL 11

12noon Cooking Demo – Heart Healthy Cooking
Chef Dennis Solomon from Kingdom Residence of Hickory will be giving a low cooking demonstration all will be prepared by Dr. Robert Hufnagel who has been through a heart transplant.
We will also have recipe cards for you to take home as well as information about Kingdom Residence of Hickory.
Middie Dinkle, Marketing Director will be there to answer any questions you may have. Pre-registration is required. Call 828-485-3200 ext. 6201

SATURDAY, APRIL 12

7:30am Plus Size Yard Sale Catawba Valley Medical Center’s Surgical Weight Management Program and its patients are sponsoring a “Plus Size Yard Sale” for the benefit of our patients who have undergone bariatric surgery and have lost significant amounts of weight; meaning they can no longer wear many items in their closet. This year’s yard sale will feature many items, as well as yard sale items of all sizes. The sale will take place on the CVMC campus.

MONDAY, APRIL 14

6pm Great Start Breastfeeding Class
Offered by CVMC. Certified lactation consultant will be available to answer your breastfeeding questions. An infant scale will be available to weigh your baby’s bottle of joy and you can meet other moms who are experiencing similar breastfeeding issues. Pre-registration is required. 828-485-3200 ext. 6205

THURSDAY, APRIL 17

12:30pm Lunch and Learn – Cross Train
Your Brain
Back by popular demand. Join Debbie Lowenstein, Community Sales Representative, with Brookdale Richland to learn how to keep your brain healthy. There are many techniques that we can do today to benefit us tomorrow. Pre-register by calling the Health First Center at 828-485-3200 ext. 6201.

APRIL EVENTS & CLASSES

WEDNESDAY, APRIL 23

12noon Lunch and Learn-Alzheimer’s Disease: Avoiding the Financial Disaster
This address the special financial needs of families and individuals dealing with a dementia process. The class will cover Medical guidelines for individuals and couples, and the draw back that may help for individuals who try to enroll in Medical aid two times. It will work with guidelines to encourage financial benefits for veterans that may require home health, assisted living facility stay or confinement in a nursing home. The class will end with a list of three classes addressing various Alzheimer’s Disease related issues. David Hudson, CEP. A Registered Financial Consultant with Mater’s Estate & Financial Services will be the speaker for this class. Please call to pre-register. Class size is limited. 828/485-3200 ext. 6201

THURSDAY, APRIL 24

1pm First Aid Certification
Learn basic techniques in first aid in this class offered by CVMC’s certified instructors. The cost is $20 and pre-registration is required. 828/485-3200 ext. 6205

FRIDAY, APRIL 25

10am Mommy and Me Breastfeeding Group
A certified lactation consultant will be available to answer your breastfeeding questions. An infant scale will be available to weigh your baby’s bottle of joy and you can meet other moms who are experiencing similar breastfeeding issues. Pre-registration is required. 828-485-3200 ext. 6205

SATURDAY, APRIL 26

10am-2pm Family Fair
Join the Safe Kids Catawba County Coalition at the Family Fair to hold the Safe Block for fun activities and safety information. Parents and kids can meet each other for interactive learning and register to win door prizes. Together we can make this a Safe Kids summer.

MONDAY, APRIL 28

6pm Bariatric Surgery Educational Seminar
This is an informative educational seminar on gastric bypass, gastric banding and sleeve gastrectomy procedures. For those considering surgery & will be preparing shrimp & grits for everyone to sample! We’ll also have recipe cards for you to take home as well as information about Kingdom Residence of Hickory.
Middie Dinkle, Marketing Director will be there to answer any questions you may have. Pre-registration is required. 828-485-3200 ext. 6201

SATURDAY, APRIL 26

6pm Dynamic Daddies Class
Daddies-to-be will get insights into the pregnancy and birth experience and will learn ways to help their partners with the ups and downs of pregnancy. This class will also discuss the changing role of fatherhood and how they can prepare for their new family! Pre-registration is required. 828-485-3200 ext. 6205

WEDNESDAY, APRIL 30

MEET THE DOCTORS OF CATAWBA VALLEY FAMILY MEDICINE:

Dr. Christopher Witke
After receiving his medical degree from the University of Wisconsin Medical School, Dr. Witke completed his family practice residency at the University of Illinois College of Medicine Peoria at Methodist Medical School. He is board certified in Family Medicine. Prior to joining the group in 2009, he practiced in Beaver Dam, Wisconsin for 6 years. Lawrence County Board of Medicine, he is a member of the American Academy of Family Physicians. He is NCCQA certified in Diabetes Care, Cardiocrine and Smokeless. Dr. Witke and Catawba Valley Family Medicine - Physician View are scheduling new patients; please call 828 320 0511.

SATURDAY OFFICE HOURS
Catawba Valley Medical Group’s physicians, mid-level providers and staff are now offering their office hours on Saturdays at Catawba Valley Family Medicine - North Iredell office from 9am-1pm. No appointment necessary. 2386 Springs Rd. NE 828/216-2112

Safe Kids USA is a nationwide network of organizations working to prevent unintentional childhood injury, the leading cause of death and disability for children ages 1 to 14. Safe Kids Catawba County educates families, provides safety devices to families and individuals, and advocates for better education for children to help keep children safe, healthy and out of the emergency room. Tip that every parent needs to know in order to keep kids safe can be found at www.safekids.org.

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Dr. White is a primary care physician at Catawba Valley Family Medicine in Mountain View. He explains that the primary goal of treatment is to maximize a child’s ability to function and develop, as well as to provide parents and caregivers with the tools needed to support the child’s unique needs. The program addresses various issues, including:

- Behavioral and emotional development
- Communication skills
- Socialization and peer relationships
- Occupational therapy
- Educational support

The program is provided by professionals with expertise in various fields, including psychology, education, and healthcare. The focus is on developing strategies that can be implemented at home or in other settings to support the child's development.

The Health First Center offers a wide variety of age-inclusive classes and programs, and health screenings for the community. Women’s health classes may also include information on nutrition, exercise, and stress management.