

Tuesday, January 5

- Multiple Sclerosis Support Group - 6:30pm

Tuesday, January 26

- Breastfeeding Basics Class - 6:30pm

Multiple Sclerosis Support Group

Time: 6:30pm

Multiple Sclerosis Support Group

The Multiple Sclerosis Society's Mid South Chapter offers a self-help group in the SRMC the first Tuesday of every month at 6:30 pm in the Fairvue Room. The Society's self-help groups offer support and information about living with MS.

For more information, contact Katie Herrick at [\(615\) 230-8758](tel:6152308758).

Breastfeeding Basics Class

Time: 6:30pm

This free class is recommended for mothers-to-be during the sixth to eighth months of pregnancy but is open to any new or expecting mother seeking to learn more about breastfeeding. Mothers are welcomed to invite their significant other or support person. For class schedule, more information or to register, call 800-424-DOCS.

[Register Online for Breastfeeding Basics Class](#)

[View or print a fact sheet about free childbirth education offered by the Women's Center at SRMC](#)