

**Thursday, October 12**

- Cheers for the Girls 2023 - 8:30am

**Monday, October 23**

- Childbirth Class - 4:00pm

---

**Cheers for the Girls 2023**

**Time:** 8:30am

Southern Tennessee Regional Health System-Winchester announces its 6<sup>th</sup> annual Breast Cancer Awareness event, Cheers for the Girls, to be held on October 12, 2023. Local breast cancer survivor, Megan Hershman, 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 breakfast for attendees and door prizes. 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 at [SouthernTnWinchester.com/event/121](https://SouthernTnWinchester.com/event/121) . Breakfast will be served at 8:30 AM and the speaker will begin at 9:00 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.

November 14, 2022  
December 12, 2022

January 9, 2023  
February 13, 2023  
March 20, 2023  
April 10, 2023  
May 8, 2023  
June 12, 2023  
July 10, 2023  
August 14, 2023  
September 11, 2023  
October 23, 2023  
November 13, 2023  
December 11, 2023

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 or e-mail Catherine Chappell, BSN, RN at [catherine.chappell@lpnt.net](mailto:catherine.chappell@lpnt.net)  
to register for a class.