

**Monday, June 9**

- Saint Mary's Sibling Classes - 6:30pm

**Monday, June 16**

- Blood Drive - 10:30am

**Tuesday, June 24**

- Walk with a Doc - 5:30pm

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**Saint Mary's Sibling Classes**

**Time:** 6:30pm

Help your little ones prepare for a new baby sibling with our free sibling class. Designed for children ages 3-10, this fun and educational class helps siblings adjust to their growing family. A light snack is provided, and space is limited to five siblings per session.

To register or learn more, call Debbie at 479.964.5436 (Monday–Friday, 8 a.m.–3 p.m.) or leave a message.

**Blood Drive**

**Time:** 10:30am

Join us for the Saint Mary's Regional Health System **Blood Drive** on **Monday, June 16, from 10:30 a.m. to 3:30 p.m. in Cafeteria 3**. Donors will receive a t-shirt, folding camp chair and ticket to Magic Springs! To schedule your appointment, please [click here](#). Help save lives and make a difference in our community!

**Walk with a Doc**

**Time:** 5:30pm

**Walk with a Doc | Walking Toward Wellness**

Lace up your shoes for a fun, casual one-mile stroll through downtown Russellville—where you can chat with a doctor, pick up life-changing health tips and connect with your neighbors, all while enjoying the fresh air!

June's spotlight is on **nutrition**, and you'll walk alongside primary care physician and obesity medicine specialist **Dr. Brad McAlister**. Bring your questions and get answers straight from the pros in a relaxed, friendly setting.

Don't miss this chance to step up your wellness game and enjoy an evening out in our community!

For more information, contact Carleigh Powell at [carleigh.powell@saintmarysregional.com](mailto:carleigh.powell@saintmarysregional.com) or 479.968.2841.