

Play it again



The Kings Mountain High School band saved one of its best performances for last when it entertained the crowd before the game, during halftime and during the game between the Mountaineers and Chase Friday. All senior members of the band, cheerleader squad and football team were honored for their four years of participation.



Giving You
THE POWER OF HEALTH

WINGS Cancer Support Group

Nov. 4 6 p.m.
 CRMC Cancer Center
 A support group for patients with all types of cancer. For more information, please call 980-487-3025.

Kangaroo Kapers

Nov. 4 6 p.m.
 CRMC Women's Life Center Conference Room
 Provides children expecting a brother or sister a positive introduction to the hospital and to what life will be like with a new baby. Pre-registration is required. Please call 980-487-3983.

Expectant Grandparents

Nov. 5 6 p.m.
 CRMC Center for Lifelong Learning
 For first time grandparents, insights into what to expect with the new grandchild.
 To register, please call 980-487-3983.

Breastfeeding Support Group & Mom to Mom Support Group

Nov. 6 10 a.m. - Noon
 CRMC Center for Lifelong Learning
 Open to all breastfeeding mothers and nursing babies and expectant moms who are interested in breastfeeding. For more information, please call 980-487-3887 and 980-487-3983 to register.

Healthy Hearts Support

Nov. 6 Noon
 CRMC Gina C. Suttle Wellness Education Suite T. R. Harris Wellness Center
 "Understanding Medication"
 For more information, please call 980-487-3659.

OB Tour

Nov. 6 7-9 p.m.
 CRMC Women's Life Center Conference Room
 A special tour for expectant parents
 To register, please call 980-487-3983.

Pink Ribbon Network

Nov. 7 12-1 p.m.
 CRMC Oncology Board Room
 A gathering for newly diagnosed breast cancer patients.
 Lunch served. To register, please call 980-487-3757.

Car Seat Safety Class

Nov. 7 5:15 p.m.
 CRMC Women's Life Center Conference Room
 Information on current laws and how to keep your new baby safe while traveling. To register, please call 980-487-3983.

Bridges

Nov. 11 2-3 p.m.
 CRMC Cancer Center
 A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Bridges

Nov. 25 2-3 p.m.
 CRMC Cancer Center
 A special educational program to aid recovery during the post-operative period after a mastectomy or lumpectomy. Register two weeks after mastectomy or lumpectomy by calling 980-487-3757.

Life as a Suicide Survivor

Nov. 26 11:30 a.m. - 1:30 p.m.
 Cleveland County Library Conference Room 104 Howie Drive
 This program is for anyone who has suffered the loss of someone close to them by the taking of their own life.

Parkinson's Support Group

Nov. 26 5:30 p.m.
 Shelby Life Enrichment Center 110 Life Enrichment Bldg. Shelby
 For more information, call 704-484-0405.

Some programs may require pre-registration or appointments. Some require a fee. Locations may change without notice.

