

Monday, April 14

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

Monday, April 28

- Walk with a Doc - 5:30pm
-

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.

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 cardiologists, pick up life-changing heart health tips, and connect with your neighbors, all while enjoying the fresh air!

April's spotlight is on **cardiology**, and you'll walk alongside interventional cardiologists **Dr. Surbhi Chamaria**, **Dr. Sabeeda Kadavath**, and **Dr. Zoltan Varga**. Bring your questions—whether it's about keeping your heart strong, understanding cholesterol, or anything in between—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 or 479.968.2841.