

**Thursday, December 5**

- Healthy Holiday Recipes With Melissa Livingston - 5:00pm

**Saturday, December 7**

- Breastfeeding Basics - 10:00am

**Saturday, December 14**

- Childbirth Education Class - 8:30am

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**Healthy Holiday Recipes With Melissa Livingston**

**Time:** 5:00pm

**NEW MEXICO BARIATRIC INSTITUTE**

*Healthy*  
**HOLIDAY RECIPES**

**HOSTED BY:  
MELISSA LIVINGSTON, FNP-BC**

**THURSDAY** **5 DEC** **5-6:30 PM**

**AT THE NEW MEXICO BARIATRIC INSTITUTE  
2100 S. TRIVIZ DRIVE, SUITE G  
LAS CRUCES, NM 88001**

**Space is limited  
RSVP by calling the clinic at 575.556.1849**

Join Melissa Livingston, FNP-BC, as she shares recipes, tips and tricks for enjoying the holiday season.

This free event is open to existing clinic patients and the general public.

SPACE IS LIMITED. Please RSVP by calling the clinic at 575-556-1849.

### **Breastfeeding Basics**

**Time:** 10:00am



**Registration is required!**

Topics that will be covered during class:

- Why breastfeeding is an Important Choice
- Understanding Milk Production
- Human Milk vs. Formula
- What to Expect When You Deliver
- Breastfeeding How-To
- Common Concerns

**Childbirth Education Class**

**Time:** 8:30am

This class includes basic childbirth education and what to expect during your birthing experience at Memorial Medical Center.

This class is held in the MMC Annex.

Topics will include:

- Pre-labor signs & Onset of Labor
- Coaches are vital! How to be a good coach.
- Non-interventional labor
- Pain management options (Analgesics, Epidural)
- Breakdown of Early Labor, Active Labor, Transition & Pushing with comfort options for each
- What is Induction?
- Cesarean Section
- The Skin to Skin Advantage
- Postpartum Care
- Breastfeeding Basic Overview
- Introduction to Newborns
- Tour of labor room & postpartum room

One partner/support person encouraged!