

Saturday, February 1

- Breastfeeding Basics - 10:00am
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Wednesday, February 19

- Free Community Seminar: All About Peripheral Artery Disease - 5:30pm

Saturday, February 22

- Childbirth Education Class - 8:30am
- Heart Health Expo - 10:00am

Wednesday, February 26

- 2025 MMC Cardiac Rehab Reunion - 3:30pm

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

Free Community Seminar: All About Peripheral Artery Disease


Time: 5:30pm



FREE **MMC**
COMMUNITY
Seminar Series

Memorial
Medical Center

**All About
Peripheral
Artery Disease**



Udit Bhatnagar, MD, FACC, FSCAI
Interventional Cardiologist

**Memorial Medical Center Conference Rooms
West Side Of The Hospital (Annex)**

WEDNESDAY | MEAL AT 5:30 PM
FEB. 19TH, 2025 | PROGRAM AT 6 PM

Please RSVP via SurveyMonkey by Friday, February 14th
<https://www.surveymonkey.com/r/PMYWKXN>

Learn all about peripheral artery disease (PAD) during Heart Month in this community seminar held in the MMC Conference Rooms (located on the west side of the hospital campus). This event is free and open to all community members.

A meal will be served at 5:30 p.m., with the program to follow at 6 p.m. Attendees will hear from Interventional Cardiologist Udit Bhatnagar, MD, FACC, FSCAI.

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!

Heart Health Expo

Time: 10:00am



FREE
HEART HEALTH EXPO



- ✓ Health screenings
- ✓ CPR demonstrations
- ✓ "Ask A Cardiologist"
- ✓ Hands-on technology
- ✓ Refreshments
- ✓ Live entertainment
- ✓ Cath Lab tours
- ✓ Kids activities
- ✓ Nutrition information
- ✓ Chest pain education
- ✓ Giveaways & prizes
- ✓ On-site scheduling

Saturday
FEB
22

MMC Annex
2450 S. Telshor
Las Cruces, NM

10 AM-
2 PM

Take control of your health this Heart Month!

First
50
To RSVP will receive
a special giveaway!



RSVP

RSVP encouraged but not required to attend

Love your heart this upcoming Heart Month and attend our FREE Heart Health Expo in the Memorial Medical Center Annex (west side of the hospital campus)! Join us for screenings, hands-on demonstrations, informative talks, tours, refreshments, prizes, live entertainment and more!

Planned activities include: Heart health screenings, CPR demonstrations, "Ask A Cardiologist" station, hands-on technology displays, Cath Lab tours, kids activities, nutrition information, chest pain education, refreshments, live entertainment and heart-themed giveaways.

The first 50 attendees to RSVP will receive a special giveaway!

Note that RSVPs are encouraged but not required to attend the event.

[Register here!](#)

2025 MMC Cardiac Rehab Reunion

Time: 3:30pm



YOU AND A GUEST ARE INVITED TO OUR

**2025 CARDIAC
REHAB REUNION**


Memorial
Medical Center

WEDNESDAY, FEB. 26TH AT 3:30 PM

*Enjoy refreshments, share stories,
reconnect with your care team & have fun!*

MMC Annex Conference Rooms
(West Side of Hospital Campus)
2450. S. Telshor Blvd., Las Cruces

RSVP BY FEB. 20TH TO ANDREW.CUMMINS@LPNT.NET

It's once time to celebrate Heart Month with MMC's 2025 Cardiac Rehab Reunion! Current and former cardiac rehabilitation patients (and a guest) are invited to enjoy refreshments, share stories, reconnect with your care team, and have fun!

Our third annual reunion will be held in the MMC Annex Conference Rooms on the west side of the hospital campus.

Please RSVP by February 20th to by emailing Andrew.Cummins@lpnt.net.