

**Saturday, March 2**

- Breastfeeding Basics - 10:00am

**Monday, March 4**

- Weekly Diabetes Management Class - Anthony - 3:30pm

**Thursday, March 7**

- Weekly Diabetes Management Class - Sunland Park - 10:30am

**Monday, March 11**

- Weekly Diabetes Management Class - Anthony - 3:30pm

**Thursday, March 14**

- Weekly Diabetes Management Class - Sunland Park - 10:30am

**Monday, March 18**

- Weekly Diabetes Management Class - Anthony - 3:30pm

**Tuesday, March 19**

- Free Bilingual Weight Loss Seminar in Las Cruces - 5:30pm

**Thursday, March 21**

- Weekly Diabetes Management Class - Sunland Park - 10:30am

**Saturday, March 23**

- Childbirth Education Class - 8:30am

**Monday, March 25**

- Weekly Diabetes Management Class - Anthony - 3:30pm

**Thursday, March 28**

- Weekly Diabetes Management Class - Sunland Park - 10:30am

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**Breastfeeding Basics**

**Time:** 10:00am



**Registration is required!**

[Register on Eventbrite](#)

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

**Weekly Diabetes Management Class - Anthony**

**Time:** 3:30pm



Diabetes Education Program

# NUESTRA VIDA



 Memorial Medical Center

 **AMR**

 **Dona Ana County** | Health & Human Services  
575-373-5300

Join Dona Ana County Health and Human Services, Memorial Medical Center and American Medical Response for Weekly Diabetes Management Classes! Learn how to improve your health and well-being for a healthier life for you and your loved ones. For more information, call 575-373-5300

**Weekly Diabetes Management Class - Sunland Park**

**Time:** 10:30am



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### Free Bilingual Weight Loss Seminar in Las Cruces

**Time:** 5:30pm

# Free Weight Loss SEMINAR

With Bilingual  
Physician  
Dr. Fermin Fontan

5:30 pm  
TUESDAY  
MARCH 19TH

at The New Mexico Bariatric Institute  
(Formerly Memorial Weight Loss Center)  
2100 S. Triviz, Suite G  
Las Cruces, NM



*Light refreshments will be served*



[NewMexicoBariatricInstitute.com](http://NewMexicoBariatricInstitute.com)

Please RSVP as space is limited:  
Call the clinic at 575.556.1849

Join us at the New Mexico Bariatric Institute (formerly known as Memorial Weight Loss Center) for a free informative weight loss seminar with bilingual physician Dr. Fermin Fontan, MD, FACS, FASMBS.

Please RSVP as space is limited: Call the clinic at 575.556.1849. Light refreshments will be served.

Our team of experienced and knowledgeable medical professionals is dedicated to ensuring your weight loss journey is a positive one that leads to a happier and healthier lifestyle for years to come.

Learn more about our program at [NewMexicoBariatricInstitute.com](http://NewMexicoBariatricInstitute.com)

## Childbirth Education Class

**Time:** 8:30am





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

**[Registration is required on Eventbrite!](#)**

## About this event

Topics will include:

1. Pre-labor signs & Onset of Labor
2. Coaches are vital! How to be a good coach.
3. Non-interventional labor
  1. Productive Labor Positions & Ideas (birthing ball, peanut ball, dancing, etc.)
  2. Progressive Relaxation, Meditation, Imagery/Visualization Exercises
  3. Breathing exercises
  4. Touch (including massage)
  5. Other modalities (lighting, tub/shower, hot & cold packs, music, aromatherapy)
4. Pain management options (Analgesics, Epidural)
5. Breakdown of Early Labor, Active Labor, Transition & Pushing with comfort options for each
6. What is Induction?
7. Cesarean Section
8. The Skin to Skin Advantage
9. Postpartum Care
10. Breastfeeding Basic Overview
11. Introduction to Newborns
12. Tour of labor room & postpartum room

One partner/support person encouraged!