

Saturday, January 11

- Breastfeeding Basics - 10:00am

Thursday, January 16

- Free Community Seminar: Respiratory Illnesses & Kids - What Parents Should Know - 5:30pm

Saturday, January 25

- Childbirth Education Class - 8:30am

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: Respiratory Illnesses & Kids - What Parents Should Know

Time: 5:30pm

FREE **MMC**
COMMUNITY
Seminar Series

Respiratory Illnesses & Kids
What Parents Should Know

Jorge G. Sainz, MD, FAAP
Pediatrician

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

THURSDAY | MEAL AT 5:30 PM
JAN. 16TH, 2025 | PROGRAM AT 6 PM

Please RSVP via SurveyMonkey by Tuesday, January 14th
<https://www.surveymonkey.com/r/37SXXKXJ>

Learn about respiratory illnesses and Memorial's pediatric services 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 Jorge G. Sainz, MD, FAAP, who has practiced Pediatric Critical Care Medicine and General Pediatrics in our greater region since 2005.

[RSVP here.](#)

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!