

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!

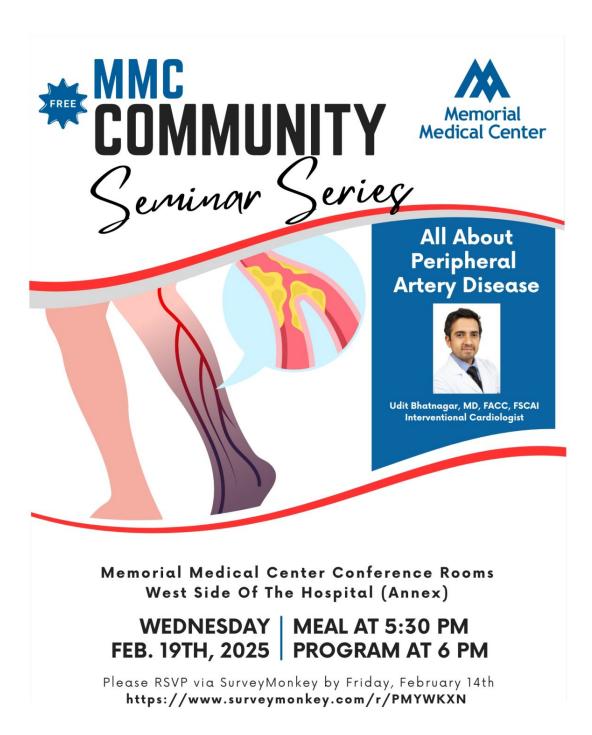
Topics that will be covered during class:

- 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





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:

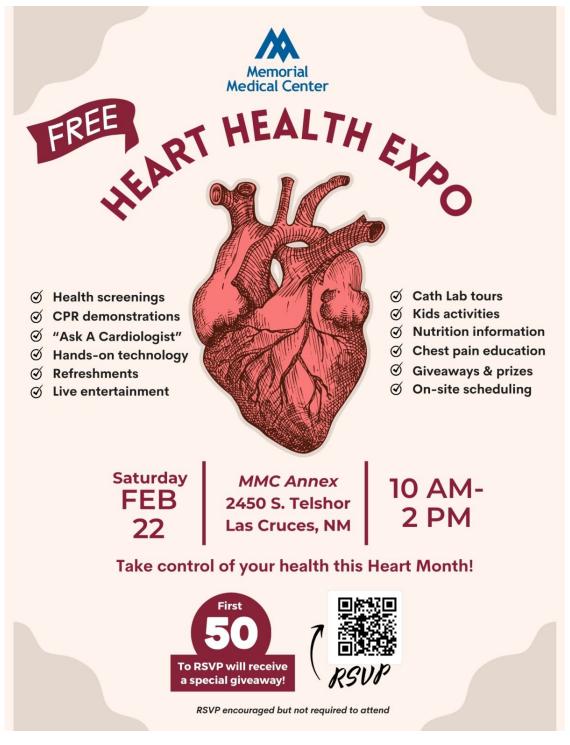
- Pre-labor signs & Onset of Labor
- Coaches are vital! How to be a good coach.
- Non-interventional labor
- Pain management options (Analgesics, Epidural)
- Breakdown of Early Labor, Active Labor, Transition & Pushing with comfort options for each
- What is Induction?
- Cesarean Section
- The Skin to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





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







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.