

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

Breastfeeding Basics

Time: 10:00am





Registration is required!

Register on Eventbrite

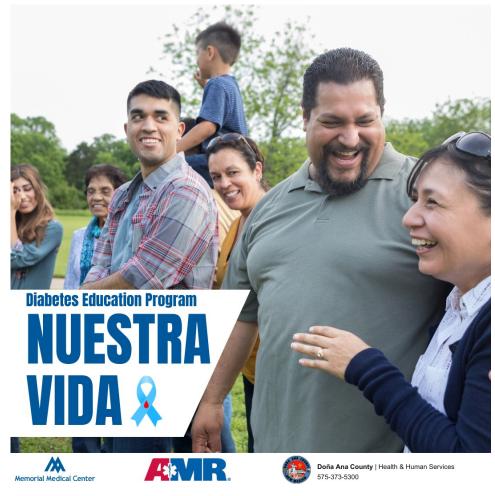
Topics that will be covered during class:

- 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





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





Light refreshments will be served



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

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, Mediation, 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!