

**Saturday, June 7**

- Breastfeeding Basics - 10:00am
- 2025 National Cancer Survivors Day Celebration - 10:00am

**Saturday, June 28**

- Childbirth Education Class - 8:30am

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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

**2025 National Cancer Survivors Day Celebration**

**Time:** 10:00am



Fly away with us to Neverland!

Anyone who has cancer or who has had a cancer diagnosis in the past is invited to our 2025 National Cancer Survivors Day Celebration. This fun, Peter Pan-themed event will be held in the Memorial Medical Center Annex Conference Rooms (west side of the hospital campus).

You and a guest are invited to enjoy magical games, prizes and light refreshments.

No need to RSVP! Just follow the second star to the right and straight on 'till morning!

### **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