

Monday, April 1

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

Thursday, April 4

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

Saturday, April 6

- Breastfeeding Basics - 10:00am

Monday, April 8

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

Wednesday, April 10

- Memorial Medical Center Blood Drive - 9:30am

Thursday, April 11

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

Monday, April 15

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

Thursday, April 18

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

Saturday, April 20

- Childbirth Education Class - 8:30am

Thursday, April 25

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

Saturday, April 27

- Walk With A Doc April 2024: Diabetes 101 - 9:00am

Weekly Diabetes Management Class - Anthony

Time: 3:30pm



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



Diabetes Education Program

NUESTRA VIDA



 Memorial Medical Center

 **AMR**

 **Dona Ana County** | Health & Human Services
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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

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

Memorial Medical Center Blood Drive



Time: 9:30am



Memorial Medical Center


BLOOD DRIVE

Wednesday, April 10th
9:30 am to 2:30 pm
In the Annex




Earth Day Giveaway!
Donate April 1 - 20
for a chance to win
one of 20 \$400 gift cards


Donor Rewards program opt-in required



**Scan here to schedule
your donation!**



Free T-Shirt!



\$10
gift card to the
MMC Gift Shop
from the
Auxiliary!

Come give the gift of life at our April Blood Drive with Vitalant in the Memorial Medical Center Annex (located on the west side of the hospital).

Blood donors will receive a free T-shirt and be entered for a chance to win a \$400 gift card. Donors will also receive a \$10 gift card to the Memorial Medical Center Auxiliary Gift Shop!

Stop by, call 877.25.VITAL or visit [Vitalant.org](https://www.vitalant.org) and enter Blood Drive Code "MMC" to schedule your donation

Childbirth Education Class

Time: 8:30am

Childbirth Education Class



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!

Walk With A Doc April 2024: Diabetes 101

Time: 9:00am

walk[®] with a DOC



April 27th, 2024

Meet at 9 a.m.

At Young Park in Las Cruces

*Gather at the playground next to
the tennis courts (look for signs)*



With Deborah Pacheco, Family Nurse Practitioner
"Diabetes 101: Healthy Eating, Exercise & More"

- Free! Everyone is welcome, including dogs!
- Join us for a brief health talk and a short walk (roughly 1 mile)
- Make new connections in our community!

This doctor-led walking group is a safe, fun, and FREE community event where you'll take a walk, learn about a health topic and meet new friends.

At this month's event, join Deborah Pacheco, Family Nurse Practitioner, as she provides tips on the prevention and treatment of diabetes.

- This event is free and everyone is welcome – including dogs!
- Join us for a brief health talk and a short walk (roughly 1 mile) at Young Park.
- Make new connections in our community!

Attendees should gather at the playground next to the tennis courts off South Walnut Street (look for Walk With a Doc signs).