

Thursday, July 10

• Free Community Seminar: A Brief Introduction to Colon Diverticulitis - 5:30pm

Saturday, July 12

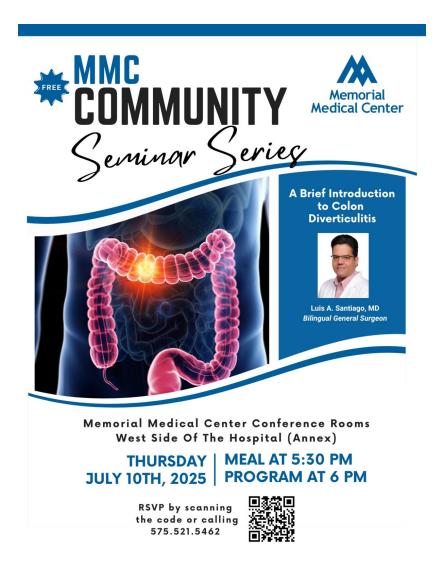
• Breastfeeding Basics - 10:00am

Saturday, July 19

• Childbirth Education Class - 8:30am

Free Community Seminar: A Brief Introduction to Colon Diverticulitis

Time: 5:30pm



You're invited to our next community seminar held in the MMC Annex Conference Rooms (located on the west side of the hospital campus). This event is free and open to all community members. Diverticulitis is a gastrointestinal disease characterized by inflammation of abnormal pouches — diverticula — that can develop in the wall of the large intestine.



A meal will be served at approximately 5:30 p.m., with the program to follow at 6 p.m. Attendees will hear from bilingual General Surgeon Luis A. Santiago, MD.

RSVP here.

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

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 OverviewIntroduction to NewbornsTour of labor room & postpartum room