

Monday, November 4

- Quarterly Lactation Support Group - 9:15am

Thursday, November 7

- 2024/25 Veterans Wall Ceremony - 4:30pm

Friday, November 8

- 2024 Provider/VIP Mixer - 6:00pm

Tuesday, November 12

- Conversations About Health Series - Fall 2024 - 1:00pm

Tuesday, November 19

- ARU Provider Dinner - 6:00pm

Quarterly Lactation Support Group

Time: 9:15am

Please join Canyon Vista Medical Center for our quarterly in-person Lactation Support Group meeting on Monday, November 4th, 9:15-10:30am in the Thrive Classroom (first floor in the medical building east of the hospital. If you're walking toward the main hospital entrance, you'll see a sign for Thrive on your left).

Lactating, pumping, combo feeding, donor milk feeding parents and expectant families are welcomed! Please attend to discuss your lactation questions or concerns. If you would like to join virtually, it will also be online. Visit tinyurl.com/LSGatThrive to join the group. For zoom technical difficulties or additional questions call or text Stephanie Haws, BSN, RN, IBCLC at 520-508-6748.



Lactation Support Group

Nov 4th | 9:15 - 10:30am
Thrive at CVMC

Lactating, pumping, combo feeding, donor milk feeding parents and expectant families are welcomed!

In person or Online
tinyurl.com/LSGatThrive

2024/25 Veterans Wall Ceremony

Time: 4:30pm

Canyon Vista Medical Center and the Legacy Foundation of Southeast Arizona cordially invite you to the Veterans Wall Ceremony and Reception.

2024/25 Honorees:
Charles (Chuck) Chambers, USAF
Darrel Claunch, USMC
Jose Delgado, USMC
Linda Marie George-Wisnom, USA
Arthur Jones, USA
Clea McCaa, USA
Sarah Pacheco, USA
Thomas Ransford, USA
Nedra Sealy, USA
Benjamin (Ben) Thompson, USA, USANG
Daniel (Dan) Valle, USA
Michael Zehr, USA

Join us as we honor and thank these distinguished individuals for their extraordinary service and dedication to improving the lives of those around them.

Thursday, Nov 7th, 4:30pm
Canyon Vista Medical Center, Cafeteria

RSVP to Natoyah Swift by NOVEMBER 1ST
520.263.3299 or RSVP@CanyonVistaMedicalCenter.com

2024 Provider/VIP Mixer

Time: 6:00pm

Come mingle with old friends, meet new area providers and help celebrate our new services!

6pm to 8:30pm

Bring your business cards for the new connections you will make!

Conversations About Health Series - Fall 2024

Time: 1:00pm

Canyon Vista Medical Center is excited to partner with the Cochise College Center for Lifelong Learning, for another health series!

These conversations about health talks will begin in September with The Importance of Bone Health. We then will have Patient Rights and Responsibilities and Wellness as We Age in October. Brain Attack - What You Need to Know in November, with our Fall series ending with The Importance of Heart Health in December.

Make sure to save the dates, because you won't want to miss these topics!

The Importance of Bone Health

By The Bone & Joint Institute Team

The Bone & Joint Institute Team will share ways to prevent bone deterioration and other preventative measures that should be added to our daily routines. They will also cover the process of aging within our skeletal system.

Tuesday, Sep 10 1 - 2 p.m.

Patient Rights and Responsibilities

By Amy Heise, M.A. CCC-SLP

Amy Heise, Quality Manager, will discuss patient rights & responsibilities as basic rule of conduct between patients and providers as well as the institutions and people that support them. Your health and well-being depend on a clear, informed, respectful, and collaborative effort between you and your providers.

Tuesday, Oct 1 1 - 2 p.m.

Wellness as We Age

By Hashim Khan D.O.

Dr. Hashim Khan, internal medicine resident at Canyon Vista Medical Center will engage in a variety of topics for healthy aging; including ways to improve mental and physical health, and the social aspect of aging.

Tuesday, Oct 22 1 - 2 p.m.

Brain Attack - What You Need to Know

By Yanny Phillips, DO, PhD

Stroke, also known as "brain attack", is the second leading cause of death and the third most common reason for long-term disability in the world. Dr. Yanny Phillips, Neurology, will review current treatment guidelines and give tips for healthy lifestyle choices to help decrease the risk of having a stroke.

Tuesday, Nov 12 1 - 2 p.m.

The Importance of Heart Health

By David Cohen, MD

Dr. Cohen, Interventional Cardiology, shares his expertise on how to keep your heart healthy. He will discuss preventive care, ways to turn back time and the benefits of early care when you have been diagnosed with a heart disease .

Tuesday, Dec 3 1 - 2 p.m.





CANYON VISTA MEDICAL CENTER
Conversations About Health Series

Cochise College Downtown Center, Rm G106 - FREE

2600 E. Wilcox Drive, Sierra Vista, AZ 85635 | Ph. 520-515-5492

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1 - 2 p.m.

Learn more about Canyon Vista Medical Center or Find a New Provider at
CanyonVistaMedicalCenter.Com

ARU Provider Dinner

Time: 6:00pm

CVMC will be hosting a provider dinner.

With limited seating, priority will be given to Cochise County community providers.

Our guest speaker is Dr. Matthew Parker, the medical director for our new Inpatient Rehabilitation Unit. He will share the ins and outs of our new unit.

