

Saturday, April 13

- Are you expecting? Attend our Childbirth Class - 8:45am

Wednesday, April 24

- Poetry Night: Celebration of Life, A Donate Life Event - 5:30pm

Are you expecting? Attend our Childbirth Class

Time: 8:45am

We encourage you to attend our 1 day, childbirth class.

Benefits to attending:

- Help build your confidence.
- Discuss any fears or hesitations.
- Partners, learn about childbirth and how to be supportive.
- Learn about pain relief options, including massage, relaxation, breathing techniques, and medications.
- Tour the birthing facility

Schedule

8:45am - 9am: Check In 9am - 12pm: Labor signs, Medical Interventions, Pain Management

12pm - 1pm: Lunch on your own

1pm - 2pm: Breastfeeding

2pm - 4pm: Post Partum Care, Newborn Care, Happiest Baby on the Block

4pm - 5pm: Optional Tour of Labor and Delivery Unit

For additional information or to sign up, please call Women and Newborn Services 520.263.3320

Our hospital has been named one of the Best Hospitals for Maternity Care by The Leapfrog Group and Money Magazine in their inaugural list of rankings. The rankings are intended to help expecting parents make educated decisions about which hospitals consistently deliver the safest, highest-value care for patients and excellence in maternity experiences. Out of more than 2,200 hospitals surveyed, Canyon Vista Medical Center was one of 259 hospitals nationwide, and one of 2 in Southern Arizona, to earn the first-time honor. Congrats to our team!

Best Hospitals for Maternity Care money.com/methodology-best-hospitals-for-maternity-care/

www.CanyonVistaMedicalCenter.com/Women-and-Newborn

Poetry Night: Celebration of Life, A Donate Life Event

Time: 5:30pm

April is Donate Life Month, where we recognize and shine a light on the gift of organ, eye, and tissue donation.

We will be holding a poetry night event with food and music on Wednesday April 24th from 5:30pm to 7:30pm.

We invite all poets to register by emailing Natoyah.Swift@canyonvistamedicalcenter.com, by April 19th. The theme is "Celebration of Life."

This FREE event will be held in the CVMC cafeteria and is open to the public to attend.



NIGHT

A DONATE LIFE EVENT

Theme: Celebration of Life

Poets of all ages welcomed & must register by 4/19

Natoyah.Swift@CanyonVistaMedicalCenter.com

**Wednesday
April**

24

CVMC CAFE

5:30pm - 7:30pm

Free to the Public

Food/Drinks/Music

