

Tuesday, March 11

- Conversations About Health Series (3) - Spring 2025 - 1:00pm

Saturday, March 15

- Are you expecting? Attend our Childbirth Class - 9:00am

Conversations About Health Series (3) - Spring 2025

Time: 1:00pm

The Effects of Menopause

By Misty Lucero, CNM, RNC-EFM

Research shows menopause effects the body in more ways than what was once believed. CNM Misty will discuss the different stages of menopause, the early signs to watch for and the different options available to help ease the transition.



Cochise College Downtown Center, Rm G106 - FREE

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

The Invisible Part of Balance: What to Know to Stay Active for a Lifetime

By Monica Michalski, PT, DPT, OCS, Cert MDT, Cert Vestibular Therapist

Dr. Monica Michalski, physical therapist and balance specialist, will present on the hidden part of balance – the vestibular system. This system is vital for safe balance and mobility. Learn how to strengthen this system and rehabilitation exercises to improve balance.

Tuesday, Feb 4 1 - 2 p.m.



Depression and Anxiety

By Emily Haberer, PharmD, MBA

Dr. Haberer will discuss anxiety, depression, and the importance of mental health. Additionally, she will identify natural remedies for stress relief and mood improvement. Lastly, she will review common side effects of medications which can be used for treating anxiety and depression.

Tuesday, Feb 18 1 - 2 p.m.

The Effects of Menopause

By Misty Lucero, CNM, RNC-EFM

Research shows menopause affects the body in more ways than what was once believed. CNM Misty will discuss the different stages of menopause, the early signs to watch for and the different options available to help ease the transition.

Tuesday, Mar 11 1 - 2 p.m.

Spine Health

By Max Berdichevsky, MD

Dr. Berdichevsky will share his expertise knowledge on the spine issues we face as we age, ways to prevent deterioration and discuss options on how to regain mobility and strength.

Tuesday, Apr 1 1 - 2 p.m.

Diabetes: Prevention & Management

By Erin Hammond, PharmD

Diabetes prevention and management is crucial for promoting overall health and reducing the risk of complications associated with the disease. Dr. Hammond will explore effective strategies for lifestyle modification, as well as the role of pharmacists in supporting patients through education and personalized care.

Tuesday, Apr 22 1 - 2 p.m.

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

Are you expecting? Attend our Childbirth Class

Time: 9:00am

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