

Saturday, March 1

- LAMC Childbirth Class: One-Day Class - 9:00am

Tuesday, March 18

- LAMC Endoscopy Center Business After Hours and Open House - 4:00pm
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LAMC Childbirth Class: One-Day Class

Time: 9:00am

2025 CHILDBIRTH CLASSES

LAMC will be pleased to offer another year of childbirth classes to the community in 2025.

Topics covered in the 6-week long classes are:

1. pregnancy and relaxation
2. stages of labor
3. coping skills for labor
4. interventions and what to expect postpartum
5. newborn care and breastfeeding
6. community resource night

****These classes are to be taken as a whole series.****

One-day classes will cover the stages of labor and coping skills for labor and delivery.

Both types of class are recommended for pregnant people in their late second or third trimester and their partners. They will be held at LAMC.

Note: For any of these classes to run, at least 3 couples need to be signed up two weeks in advance.

For more information or to register, please reach out to Gretchen at gretchen.poulson@lpnt.net


All are welcome!



LAMC Endoscopy Center Business After Hours and Open House

Time: 4:00pm

MARCH IS COLORECTAL CANCER AWARENESS MONTH



Business After Hours & Open House

RSVP



Join us for:

- A tour of our Endoscopy Center in downtown Los Alamos
- An opportunity to meet our providers and staff
- Key information on colon & rectal cancer prevention
- Light refreshments

The Endoscopy Center



**LOS ALAMOS
MEDICAL CENTER**



**COLON
CANCER
awareness**

4-6 PM, TUESDAY
MARCH 18, 2025 ↙

**ENDOSCOPY CENTER
1911 CENTRAL AVE., SUITE 100
(NEXT TO ASPEN COPIES)
LOS ALAMOS, NM 87544**

LosAlamosMedicalCenter.com

March is Colorectal Cancer Awareness Month and a perfect opportunity to get to know the LAMC Endoscopy Center in downtown Los Alamos.

Join us for this Chamber Business After Hours and Community Open House from 4-6 p.m. on Tuesday, March 18th for:

- A tour of our Endoscopy Center
- An opportunity to meet our providers and staff
- Key information on colon & rectal cancer prevention
- Light refreshments

The Endoscopy Center is located at 1911 Central Ave., Suite 100 in Los Alamos (next to Aspen Copies).

Did you know that more than 50,000 people die from colon cancer each year in the United States, and the disease may not have early symptoms? That's why most people should talk with their provider about a colonoscopy once they reach the age of 45.

RSVPs are encouraged for this event [via SurveyMonkey](#).