

FREE! BREASTFEEDING CLASS

Are you pregnant or breastfeeding or just want to learn more about breastfeeding?

Our International Board Certified Lactation Consultant (IBCLC) is here to support you in these classes!

CLASSES AT THE:

**Georgette & Cato Johnson YMCA
Whitehaven (4727 Elvis Presley Blvd.)
12-2 p.m. • 1st Thursday of each month:**

**January 8 • February 5 • March 5
April 2 • May 7 • June 4**

CLASSES AT THE:

**Methodist Le Bonheur Community
Outreach (600 Jefferson)
3-5 p.m. • 3rd Thursday of each month:**

**January 22 • February 19 • March 19
April 23 • May 21 • June 18**



These classes will include information about:

- Basic breastfeeding and pumping
- Common breastfeeding problems
- Returning to work and breastfeeding
- When to ask for help
- Community support and resources

**Healthy snacks will be provided.
Transportation assistance is available.**

To register, please visit

<https://form.jotform.com/253425370298158>

or scan the QR code.



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