

You Can Breastfeed



Come and learn about Breastfeeding

Classes will include the following:

- ◆ How to breastfeed comfortably
- ◆ How to know if your baby is getting enough milk
- ◆ How to make breastfeeding work with your lifestyle

Dates for 2019

January 15	July 16
February 12	August 13
March 12	September 10
April 16	October 8
May 14	November 12
June 11	December 17

All classes are 5:45-7:45 PM—For mothers and their support person

Where:

New Hanover County Health Department
Auditorium (side entrance)
2029 South 17th Street

For more information or to register for class call Norma at **(910) 798-6542**

There is NO COST to attend this class