

**You will learn...**

- \* **How to latch and hold baby**
- \* **How to make sure baby is getting enough**
- \* **How to avoid pain and soreness**
- \* **How to have a first magical hour with baby**
- \* **About breastpumps!**
- \* **What the WIC breastfeeding program can offer you!**

Florida Department of Health in  
Escambia County  
WIC & Nutrition Program

This institution is an equal  
opportunity provider.



**MOM to MOM  
Breastfeeding  
Class**

Classes are taught by a  
Certified Lactation Consultant  
who has years of experience helping  
mothers just like you!

YOUR questions and concerns  
will be answered

Call: 850-595-6670



[www.floridashealth.com](http://www.floridashealth.com)

**Morning Classes**

**Tuesdays 11 AM to 1 PM**

June 14, 2016  
July 12, 2016  
August 9, 2016  
September 13, 2016  
October 11, 2016  
November 8, 2016  
December 13, 2016

Fathers and Friends Welcome  
No Pre-registration Required  
You may bring a drink or snack  
No children Please

**Afternoon Classes**

**Thursdays 4:00 PM to 6:00 PM**

June 16, 2016  
July 21, 2016  
August 18, 2016  
September 15, 2016  
October 20, 2016  
November 17, 2016  
December 15, 2016

**Classes are held at the**  
**Escambia Co Health Department**  
**1295 W Fairfield Drive**