

Morning Classes

Tuesdays 11 AM to 1 PM

January 12, 2016
February 9, 2016
New Location beginning in March
(Day class only)
Health Department
1295 W Fairfield Drive
March 8, 2016
April 12, 2016
May 10, 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

January 21, 2016
February 18, 2016
March 17, 2016
April 21, 2016
May 19, 2016

Classes are held at the
Downtown Public Library
239 N Spring Street (except 3/8 & 4/12/2016)

J:\WIC Staff\Breastfeeding\Prenatal handouts

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.escambiahealth.com