

Morning Classes

Tuesdays 11 AM to 1 PM

January 9, 2018
February 13, 2018
March 13, 2018
April 10, 2018
May 8, 2018
June 12, 2018
July 10, 2018
August 14, 2018
September 11, 2018

Afternoon Classes

Thursdays 4:00 PM to 6:00 PM

January 18, 2018
February 15, 2018
March 15, 2018
April 19, 2018
May 17, 2018
June 21, 2018
July 19, 2018
August 16, 2018
September 20, 2018

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

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

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