

# Join our free mom-to-mom breastfeeding class!

The Florida Department of Health in Escambia County WIC and Nutrition Program invites you to a **FREE breastfeeding class** designed to support new and expecting mothers.

## In this class, you will learn:

- Feeding techniques and nursing positions
- Signs your baby is getting enough milk
- Tips to prevent nursing pain
- Benefits of the first hour with your baby
- Breast pump guidance
- WIC breastfeeding resources

## Class Schedule

Time: 10 a.m. – Noon

- January 14, 2025
- February 11, 2025
- March 11, 2025
- April 8, 2025
- May 6, 2025
- June 3, 2025
- July 8, 2025
- August 5, 2025
- September 9, 2025
- October 7, 2025
- November 4, 2025
- December 9, 2025

## Location:

Florida Department of Health in Escambia County  
1295 West Fairfield Drive  
Pensacola, FL 32501

## Important details:

- Fathers and friends are welcome!
- No pre-registration is required.
- Feel free to bring a drink or snack.
- **Please note:** No children are allowed during the class.

## Questions?

Call us at **850-595-6670 extension 2** or visit us at [Escambia.FloridaHealth.gov](https://Escambia.FloridaHealth.gov).  
This institution is an equal opportunity provider.

