

Escambia Co Health Department
1295 W Fairfield Drive
Morning Classes
Tuesdays 11 AM to 1 PM

February 12th, 2019
March 12th, 2019
April 9th 2019
May 14th 2019
June 11th 2019
July 9th 2019
August 13th 2019

Afternoon Classes
Tuesdays 4:00 PM to 6:00 PM

February 26th, 2019
March 19th, 2019
April 23rd, 2019
May 21th,2019
June 25th, 2019
July 23rd,2019
August 27th 2019

Escambia Co Health Department
Northside Location
8390 North Palafox Street
Morning Classes
Tuesdays 11 AM to 1 PM

February 5th, 2019
March 26,th 2019
April 2rd,2019
June 18th 2019
July 30th 2019
August 6th 2019

Fathers and Friends Welcome—please limit one companion per person

No Pre-registration Required

You may bring a drink or snack

No children Please

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
Schedule**

*YOUR questions and concerns
will be answered*

Call: 850-595-6670 ext 2



www.escambiahealth.com