

Join our free mom-to-mom breastfeeding class!

The Florida Department of Health in Escambia County 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
- Breastfeeding resources

Class Schedule

June 4, 2026
4 - 6 p.m.

November 5, 2026
10 a.m. - Noon

Location:

Florida Department of Health in Escambia County
Room 302/303
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 **850-316-2703** or visit us at Escambia.FloridaHealth.gov.
This institution is an equal opportunity provider.

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HEALTH