

FREE BREASTFEEDING CLASSES



English

Wed, Jan 6, 13, 19
Wed, Feb 3, 10, 17
Wed, Mar 2, 9, 16, 30
Wed, Apr 6, 13, 20
Wed, May 2, 9, 16, 30
Wed, Jun 1, 8, 15, 29
Wed, Jul 6, 13, 20

Español:

Mier, Jan 27
Mier, Feb 24
Mier, Mar 23
Mier, Apr 27
Mier, May 25
Mier, Jun 22
Mier, Jul 27

Classes include information about:

- How to establish breastfeeding in the hospital and early weeks
- How to avoid common problems
- The benefits of breastfeeding
- What to expect as you learn how to breastfeed
- And much more!

Everyone is welcome!

*If you are pregnant, please bring your support group with you

Provided by Utah County WIC Lactation Support

**All breastfeeding classes start at 5:30pm and
are taught at 151 S. University Ave Rm. 2601, Provo, Utah**