

FREE PRENATAL BREASTFEEDING EDUCATION CLASS

For pregnant women and their partner/support person.

Classes are taught by an International Board Certified Lactation Consultant

Learn to breastfeed with confidence:

- Understanding Breastfeeding-Your Guide to a Healthy Start
 - How breastfeeding works
 - Positioning and latch
 - How to know baby is getting enough
 - Breast care and lifestyle
- What local recourses are available for continued support

**Classes are held the 2nd Thursday
of every month from 6 - 8 pm**

Please call (518) 562-7024 or (518) 562-7142 to sign up

CVPH Medical Arts Building
214 Cornelia Street, Room 302
(Look for a blue canopy at the entrance)

Unable to attend the group classes?

Call (518)562-7142 to set up an individual appointment.



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Champlain Valley Physicians Hospital