

Breastfeeding Education Class

For Pregnant Women & Partners

Understanding Breastfeeding- Your Guide to a Healthy Start

How Breastfeeding Works

Positioning & Latch

How to Know Baby is Getting Enough

Breast Care & Lifestyle

Local Resources for Continued Support

Hints for getting a great start during your hospital stay.

Learn to breastfeed with confidence!

Classes are free of charge.

Held every 2ND Thursday of the month 6pm-8pm

Medical Arts Building

214 Cornelia Street

ENTER UNDER BLUE CANOPY

Room 302

Please call 518-562-7532 to sign-up



UVMHealth.org/CVPH

THE
University of Vermont
HEALTH NETWORK

Champlain Valley Physicians Hospital