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# BREASTFEEDING EDUCATION CLASS

Come join Bianca Nash-Miot, certified lactation consultant and doula, to learn the essentials of breastfeeding.

This 2-hour class will cover:

- how breastfeeding works
- how to breastfeed
- when to feed your baby
- getting enough milk
- breast care, and
- the breastfeeding lifestyle.



Register by visiting this link:

<http://bit.ly/VirtualBreastfeedingEducationClass>

Sunday, March 27th from 2:00 to 4:00 PM

Thursday, March 31<sup>st</sup> from 7:00 to 9:00 PM

Thursday, April 7th 10:00 -12:00 PM

Sunday, April 24th 2:00 - 4:00 PM

Tuesday, May 5th 7:00 - 9:00 PM

Sunday, May 22nd 2:00 - 4:00 PM

Thursday, May 26th 10:00 - 12:00 PM

Thursday, June 2nd 7:00 - 9:00 PM

Sunday, June 12th 2:00 - 4:00 PM

Thursday, June 30th 10:00 - 12:00 PM

Thursday, July 7th 7:00 - 9:00 PM

Sunday, July 17th 2:00 - 4:00 PM

Thursday, August 11th 10:00 - 12:00 PM

Saturday, August 27th 2:00 - 4:00 PM



This class is a best fit for pregnant women who intend to breastfeed, and women who are currently breastfeeding their newborn.

For more information, please visit [www.SWMPQIC.com](http://www.SWMPQIC.com)

