



FREE BREASTFEEDING CLASS

6:00 - 8:00 P.M.

GALION HOSPITAL SMALL DINING ROOM

2019 CLASS DATES:

JANUARY 3

FEBRUARY 7

MARCH 14

APRIL 4

MAY 2

JUNE 6

JULY 11

AUGUST 8

SEPTEMBER 5

OCTOBER 3

NOVEMBER 7

DECEMBER 5

REGISTRATION NOT REQUIRED.

BRING YOUR PARTNER, FAMILY, BABYSITTER, OR A FRIEND AND COME LEARN THE INS AND OUTS OF BREASTFEEDING.

TOPICS WILL INCLUDE:

- GOOD ATTACHMENT AND POSITIONING TECHNIQUES
- WHAT TO EXPECT IN THE FIRST FEW WEEKS
- COMMON BREASTFEEDING DIFFICULTIES
- PRACTICAL SUPPORT BY PARTNER, FAMILY AND FRIENDS
- YOUR CAREER AND BREASTFEEDING
- MUCH MORE

FOR MORE INFORMATION,
CONTACT THE OB UNIT AT 419-468-0563.

TAUGHT BY DEANNA GRUBE
INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT