

# Breastfeeding Class

Classes are FREE and open to the public. You do not need to be a WIC client to attend.

**Where:** Warren County Combined Health Department – WIC

**When:** Every 1<sup>st</sup> Thursday of the month from 2:00 – 3:00 pm.

**Who:** EVERYONE is invited! Pregnant women, breastfeeding women, and all supportive family who wish to learn more about breastfeeding!

**Why:** Breastfeeding is something many women would love to do, simply because of the many health benefits for both mother and baby and because of the immensely strong bond it creates. However, breastfeeding isn't always as natural to learn as we may biologically be inclined to think. Come and learn about what breastmilk provides, how to get a pain free latch, how to position mom and baby, and SO much more!

This class is taught by WIC's Breastfeeding Peer Helper: Patty Dane. Patty nursed twins for three weeks without the education and support needed before giving up and switching to formula. She went on to successfully breastfeed with her next child for 2 years without ever needing formula during the 1<sup>st</sup> year of infancy.

**RSVP:** Please call 513-695-3095 or 513-695-1217 to RSVP for the next class!



This institution is an equal opportunity provider.