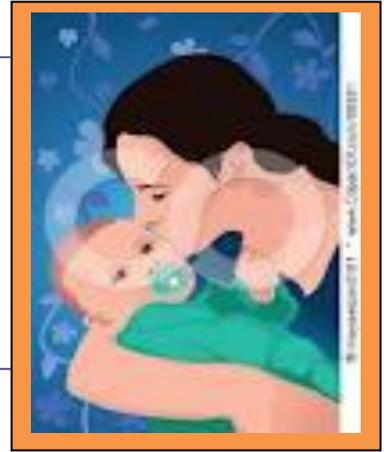


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# ***BREASTFEEDING BASICS CLASS 2017***

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*Facilitated by: Sylvia J. Boyd, IBCLC, PT, LCCE*

Prepare yourself for the experience of breastfeeding your child. **Breastfeeding Basics** covers such topics as how to establish a supply of milk, how often to nurse your baby, and how to tell if your baby is getting enough milk. Common issues about latch-on techniques, jaundice, thrush and sore nipples will also be addressed. We recommend this class for interested women (in their third trimester of pregnancy) and spouses or partners. Classes will be held in the Sherman L. Balch Pavilion Classroom from **7:00pm – 9:30pm**. This class is **Free** to anyone who wishes to attend and pre-registration is required.

Wednesday, February 1, 2017  
Wednesday, April 5, 2017  
Wednesday, June 7, 2017  
Wednesday, August 23, 2017  
Wednesday, October 25, 2017

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For more information, call St. Rose Hospital,  
Education & Training Department at 510-264-4044