

# Breastfeeding Basics Class

Breastfeeding is easy to learn!

Breastfeeding helps build a special bond with your baby!

Breastfeeding won't tie you down!

Breastfeeding doesn't have to change the way you eat!

Breastfeeding really matters!

Breastfeeding your baby is a special way to begin your life together! It is a wonderful gift only a mother can give.

This breastfeeding basics class for expectant mothers is held at the New Hanover County Health Department Auditorium from 5:45 – 7:45 pm on:

May 20, 2002	September 23, 2002
July 1, 2002	November 4, 2002
August 12, 2002	December 16, 2002

If you have any questions, call Susan at 343-6674.