

BREASTFEEDING YOUR BABY

Open to all Expectant Mothers

Sign up for one of the following 2017 dates

March 20, April 24, May 22, June 26,
July 24, August 28, September 25,
October 23, November 20 or December 18

Wayne Memorial Hospital
The David Katz Room • 6 pm - 8 pm



FUN AND INTERACTIVE CLASS

Learn all you need to know about giving your baby the best start in life with mother's milk--getting started with latching, weaning, and everything in between. Dad or another support person is encouraged to come along.

JOIN US AND HELP YOUR BABY GET THE NUTRITION NATURE INTENDED

Cost for the class is \$20. If you belong to the Healthy Beginnings Plus Program, the cost is covered. Instructed by Kara Poremba, BSN, RN, IBCLC, CCE.

To register call Women's Health Center at **800-869-6636 or 570-253-3005**