

BREASTFEEDING YOUR BABY

Open to all Expectant Mothers

Sign up for one of the following 2018 dates

January 22, February 19, March 19,
April 23, May 21, June 25, July 23,
August 27, September 24, October 22,
November 19 or December 17

Wayne Memorial Hospital

The David Katz Room • 6 pm - 8 pm

(Call 570-253-8100 for parking info during our construction)



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 class is \$20. Cost is covered if you belong to the Healthy Beginnings Plus Program.

Instructed by Kara Poremba, BSN, RN, IBCLC, CCE. To register call Women's Health Center at **800-869-6636 or 570-253-3005.** Snow cancellations follow local school districts.