

# BREASTFEEDING YOUR BABY

Open to all Expectant Mothers

Sign up for one of the following 2019 dates

January 21, February 18, March 18,  
April 22, May 20, June 24, July 22,  
August 26, September 23, October 21,  
November 25 or December 16

**Wayne Memorial Hospital**

**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.