



BREASTFEEDING CLASSES

A must for women who plan or who are considering breastfeeding their baby. Designed to educate and prepare mothers in the basic techniques required to establish a positive breastfeeding relationship with their baby. Dads or the support person for Mom are an essential partner to successful breastfeeding and are welcome to attend and be a part of the experience.

Where: NASH UNC WOMEN'S CENTER EDUCATION ROOM

2023 SCHEDULE OF CLASSES

Thursdays, 7:00-9:00pm

January 26	July 27
February 23	August 31
March 30	September 28
April 27	October 26
May 25	November 16
June 29	December 21

****Fliers available at the Front Desk or Checkout—all classes are conducted by staff of the Nash Women's Center and not by Nash Ob-Gyn Associates.****

To register - email nashwomenscenter@unchealth.unc.edu

For more information, go to www.nashwomenscenter.org or call (252) 962-BABY.

NOTE: IN PERSON classes are only offered in February, April, June, August, October, and December Classes in January, March, May, July, September, and November will be VIRTUAL via Webex.