



# 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

## 2022 SCHEDULE OF CLASSES

Thursdays, 7:00-9:00pm

January 27	July 28
February 24	August 25
March 24	September 29
April 28	October 27
May 26	November 17
June 30	December 15

**\*\*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](mailto:nashwomenscenter@unchealth.unc.edu)

For more information, go to [www.nashwomenscenter.org](http://www.nashwomenscenter.org) or call (252) 962-BABY.

***NOTE: All classes in 2022 will be VIRTUAL via Webex until further notice. This is subject to change. You will receive the Webex link after you register.***