## NASH WOMEN'S CENTER Breastfeeding classes

This class is designed to educate mothers about the basic techniques they can use to enjoy a positive breastfeeding experience with their baby.

Open to pregnant women, new mothers and babies, and their supportive loved ones.

Led by Shannon Morgan, RN, BSN, Lactation Consultant

Classes will be offered in person and virtually through the webex application. Upon registration, you will receive a link to join the webex class <u>VIRTUAL DATE</u> JANUARY 25, 2024 MARCH 28, 2024 MAY 23, 2024 JULY 25, 2024 SEPTEMBER 26, 2024 NOVEMBER 21, 2024 IN PERSON DATES FEBRUARY 29, 2024 APRIL 25, 2024 JUNE 27, 2024 AUGUST 29, 2024 OCTOBER 24, 2024 DECEMBER 19, 2024

HEALTH

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FOR MORE INFORMATION OR TO REGISTER: Call 252.962.Baby (2229) Or Email: Nashwomenscenter@unchealth.unc.edu

JOIN NOW!

ALL CLASSES ARE 7:00PM TO 9:00PM