

FREE!

BREASTFEEDING CLASSES & SUPPORT GROUP



**WHERE: At the
SLV Health Educa-
tion Center
(Grizzly Inn) 1919
Main Street,
Alamosa**

WHEN:
2nd & 4th Monday
of every month
BREASTFEEDING CLASS:
3:00-4:00 PM
SUPPORT GROUP:
4:00-5:00 PM

Breastfeeding Class:

A two part, informative class that will help you prepare for breastfeeding success. Topics include: breastfeeding basics, the process of lactation, helpful practices and routines in the hospital and at home, common concerns and pumping. You will receive guidance from a Lactation Specialist on positioning, latch, recognizing your baby's signals and how to know your baby is getting enough.

Support Group:

Join us for our breastfeeding support group. This fun, informal, weekly group provides breastfeeding mothers an opportunity to ask a Lactation Specialist questions, and connect with other breastfeeding mothers in a social atmosphere.