

Building **BLOCKS**

2017 CLASSES

Women's and Children's Conference Room
201 E. Harris Ave.

B BREASTFEEDING BOOT CAMP

Learn techniques and tips about breastfeeding as well as the benefits it provides for you and your little one. Breastfeeding includes positioning for a good latch, benefits of breastfeeding, signs of good feeding, information on pumping and storage of breast milk and handling discomforts.

Saturday morning classes | 9:00 am to 11:30 am

January 21, May 13 and September 2.

Wednesday evening classes | 6:15 pm to 8:45 pm

March 8, July 12 and November 8.

March 8 class will be held in the Women's and Children's Family Room.

* Online classes also available.

For more information call 325-481-6332

or visit www.ShannonBabies.com.

To register call 325-481-8888.



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(325) 481-8888

ShannonBabies.com