



BREASTFEEDING ESSENTIALS



SCMC offers a Breastfeeding Essentials class for expectant parents. This comprehensive 2-3 hour class is instructed by Lactation Educator and Dietitian Alyssa Thooft.

TOPICS INCLUDE:

- The importance of breastfeeding
- How breastfeeding works
- Proper latch and positioning
- Ways to improve success & reach your personal breastfeeding goals
- Common concerns
- How to incorporate breastfeeding into your work & social life
- Breast pump basics

You can register in advance by calling Alyssa Thooft at 320-589-7623 or simply come to one of the scheduled classes.

COST \$20

Partners are encouraged to attend without additional cost.

UPCOMING CLASSES

DECEMBER 4, 2017

FEBRUARY 15, 2018

MAY 3, 2018

AUGUST 23, 2018

NOVEMBER 29, 2018

All classes located in the SCMC Lower Level from 6-8:30 pm



STEVENS COMMUNITY
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