

Breastfeeding Basics



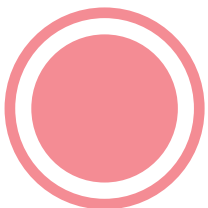
Description

Learn about the basics of breastfeeding including latching, positioning, benefits, breast care, pumping/hand expression, and more. Registration is required for participation and snacks will be provided. Contact the wellness center to register for the next class. Participants are eligible to win a prize!

See reverse for dates

1001 S. Knik-Goose Bay Road
Wasilla

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630 | southcentralfoundation.com



January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	 23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	 20	21	22	23
24	25	26	27	28		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	 27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	 24	25	26	27
28	29	30				

 Class time from 11 a.m. – 1 p.m.