



VIRTUAL BREASTFEEDING BASICS

Sept. 30 **Oct. 28**

2 - 4 p.m.
via Zoom

Join this virtual learning circle to learn about the basics of breastfeeding including latching, positioning, benefits, breast care, pumping/hand expression, and more. Registration is required for participation.

Please contact the *Benteh Nuutah Valley* Native Primary Care Center Wellness Center at (907) 631-7630 for class details and Zoom meeting instructions.

