



# Virtual Breastfeeding Classes

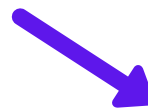
## Learn the basics:

- Benefits of breastfeeding for babies, mothers, and fathers.
- How breastfeeding works
- Latching on and positioning.
- Frequency and duration of feeding.
- How to know your baby is getting enough to eat.
- Breast care.
- Strategies for returning to work or school.
- When and where to get help if you need it.

## Class Dates:

- Wed., June 9th: 9:45-11:15am
- Wed., June 23rd: 6-7:30pm
- Tue., July 13th: 9:45-11:15am
- Wed., July 21st: 6-7:30pm
- Tue., August 10th: 9:45-11:15
- Wed., August 25th: 6-7:30pm
- Tue., September 14th: 9:45-11:15am
- Wed., September 22nd: 6-7:30pm

Scan QR code  
to join!



Contact Heidi Jusula at 715-577-6154 with any questions.