

2019 FREE BREASTFEEDING CLASSES

Always the 3rd Saturday
10:00 am

The Kroc Center

800 E Pkwy S, Memphis, TN 38104

Saturday Jan 19th

Saturday Feb 16th

Saturday Mar 16th

Saturday April 20th

Saturday May 18th

Saturday June 15th

Saturday July 20th

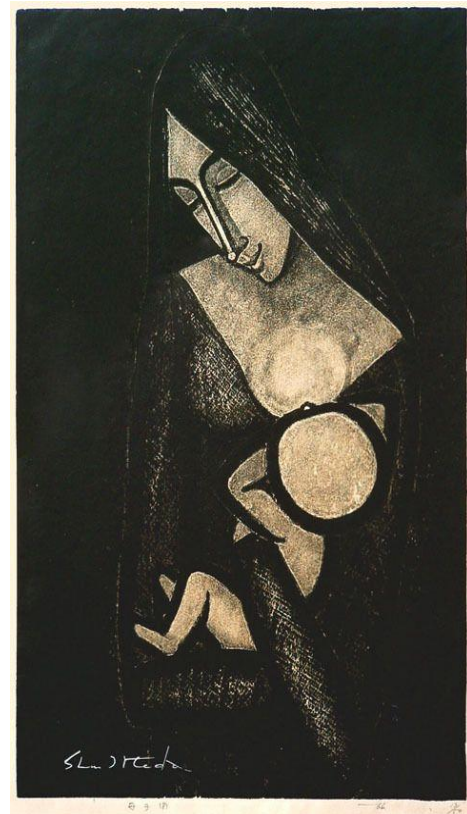
Saturday Aug 17th

Saturday Sept 21st

Saturday Oct 19th

Saturday Nov 16th

Saturday Dec 21st



This is a free one hour class by Dr. Allison Stiles, Pediatrician and Chair of the Shelby County Breastfeeding Coalition. This awesome and intimate class covers everything from the benefits of breastfeeding to pumping. We talk about what to do when your baby is born and what to expect. We learn how to know that the baby is getting enough milk. We talk about problem solving for pain, flat nipples, low milk supply, and going back to work. We discuss the laws in TN that protect your rights to breastfeed and pump at work. Classes are usually small so we can talk about whatever you would like!

No advanced registration required.

Facebook: Shelby County

Breastfeeding Coalition

www.shelbycountybreastfeeding.org

