

Breastfeeding Classes

by: **Upland Hills Health**
Birth Center

Our Breastfeeding class is taught monthly
by one of our **Certified Lactation Counselors**.

This free class is open to any pregnant woman and her support person, whether this is your first child, or your third.

Class Topics:

- How breastfeeding works
- Latching on and positioning
- When to feed your baby
- How much is enough?
- Breast care
- Breastfeeding lifestyle

Location:

Upland Hills Health
800 Compassion Way
Dodgeville, Wisconsin
*Ask for the class location
at the Main Entrance Desk*

Class Dates:

January 28	June 3	October 7
March 11	July 15	November 18
April 22	September 2	December 30

All classes are 6:00-7:30 pm

For information call: 608-930-7139

uplandhillshealth.org

