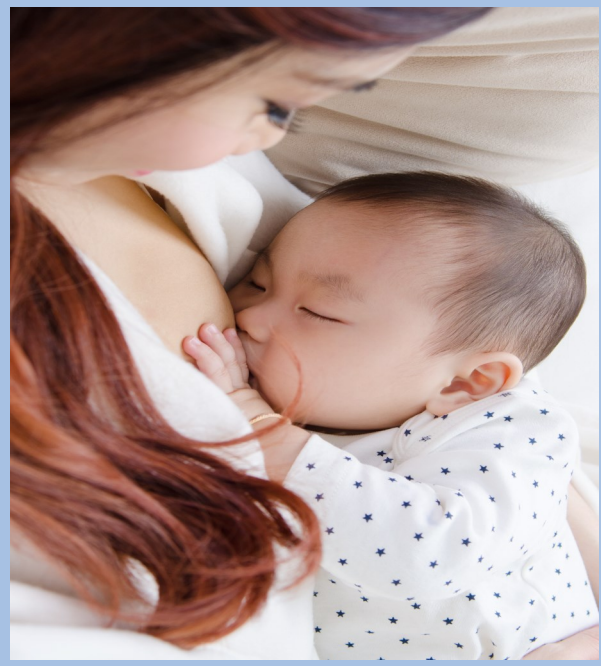


# Breastfeeding 101



Come learn the basics of breastfeeding from a North Carolina Lactation Educator!

Learn about benefits, myths, getting started, infant cues, what to expect, and more!

Classes are held the first Tuesday of each month\* in the Consolidated Human Services Building room 1016.

If interested, please call 910-347-5002 or let a WIC staff member know you would like to attend the class.

## 2018 Classes:

January 2

February 6

March 6

April 3

May 1

June 5

July 3

August 7

September 4

October 2

November 6

December 4

**9:00 am to 11:00 am**

