

# Breastfeeding 101

## 2018 Classes:

January 17

February 21

March 21

April 18

May 16

June 20

July 18

August 15

September 19

October 17

November 21

December 19

**2:00 pm to 4:00 pm**



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 third Wednesday of each month at Tarawa Terrace WIC.

If interested, please call 910-353-0022 or let a WIC staff member know you would like to attend a class.

