

Building **BLOCKS**



2019 CLASSES

Women's and Children's Conference Room
201 E. Harris Ave.

B BREASTFEEDING BOOT CAMP

Learn techniques and tips about breastfeeding as well as the benefits it provides for you and your little one. Breastfeeding includes positioning for a good latch, benefits of breastfeeding, signs of good feeding, information on pumping and storage of breast milk and handling discomforts.

Saturday morning classes | 9 am to 11:30 am

March 9, August 17, December 7

Wednesday evening classes | 6:15 pm to 8:45 pm

January 16, April 17, June 5, October 9

*Online classes also available.

For more information call 325-481-6332
or visit www.ShannonBabies.com.

To register call 325-481-2359.



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325.481.2359

ShannonBabies.com