

# Building BLOCKS



## 2018 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 10, August 18, December 8

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

January 17, April 18, June 6, October 10

\*Online classes also available.

For more information call 325-481-6332  
or visit [www.ShannonBabies.com](http://www.ShannonBabies.com).

To register call 325-481-2359.



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