

# Breastfeeding Classes



## Class Dates

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All classes are  
6:00-7:30 pm

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June 19

July 24

August 21

September 25

October 23

November 20

December 18

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

**Upland Hills Health**<sup>®</sup>  
Birthing Unit

800 Compassion Way | Dodgeville | [uplandhillshealth.org](http://uplandhillshealth.org)

Please register  
by completing  
and returning  
the form below  
or call

**608-930-7139**