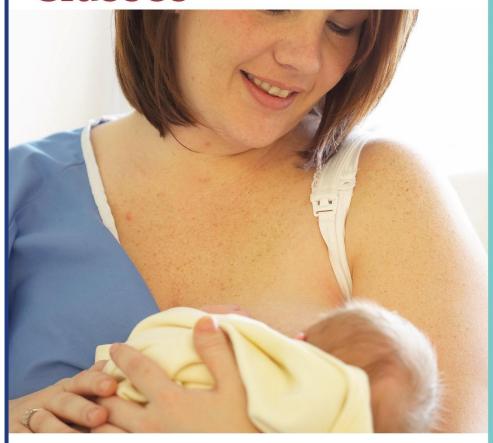
## Breastfeeding Classes



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 Birthing Unit

800 Compassion Way | Dodgeville | uplandhillshealth.org

### **Class Dates**

All classes are 6:00-7:30 pm

December 18

January 29

March 12

April 23

May 28

Please register by completing and returning the form below or call

608-930-7139



#### **BREASTFEEDING CLASS REGISTRATION FORM**

Name:				Support Person:		
Address:						
				Work		
Due Date: Physician:						
Please indicate class	☐ January	☐ February	☐ March	☐ April	☐ May	☐ June

Please mail this registration form to:

Upland Hills Health, ATTN: Birthing Unit, 800 Compassion Way, Dodgeville 53533