

THIS WILL BE A VIRTUAL CLASS!

After you register a link will be emailed for the virtual class

BREASTFEEDING ESSENTIALS



SCMC offers a Breastfeeding Essentials class for expectant parents. This comprehensive 2-3 hour class is instructed by Lactation Educator and Dietitian Alyssa Thooft and will be done virtually.

TOPICS INCLUDE:

- The importance of breastfeeding
- How breastfeeding works
- Proper latch and positioning
- Ways to improve success & reach your personal breastfeeding goals
- Common concerns
- How to incorporate breastfeeding into your work & social life
- Breast pump basics

Please register at scmcinc.org or call 320-589-1313. A class link will be emailed to you prior to the scheduled date. Contact Alyssa Thooft with questions at 320-589-1313.

COST \$20

Partners are encouraged to attend without additional cost.

SCHEDULED DATES:

FEBRUARY 18, 2021

MAY 20, 2021

AUGUST 26, 2021

NOVEMBER 18, 2021

All classes located in the SCMC Lower Level from 6-8:30 pm

scmcinc.org  



STEVENS COMMUNITY
MEDICAL CENTER

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