

BREASTFEEDING ESSENTIALS



SCMC offers a Breastfeeding Essentials class for expectant parents. This comprehensive class is instructed by Noelle Syverson, SCMC Lactation Counselor & Dietitian, and will be done onsite at SCMC in the lower level from 6-7:30pm

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

To register call (320) 589-1313 to attend the in-person class with Noelle Syverson, SCMC Lactation Counselor.

For questions contact Noelle at (320) 208-7801.

COST \$20

Partners are encouraged to attend without additional cost.

SCHEDULED DATES:

AUGUST 25

NOVEMBER 10

All classes located in the SCMC Lower Level from 6-7:30 pm

scmcinc.org

