



*You are invited to the*

# **Breastfeeding/Chestfeeding 101 Class for Third-Trimester or Postpartum moms**

**DISCUSSION: BENEFITS AND MYTHS OF BREASTFEEDING, STAGES OF LACTATION, POSITIONING/LATCHING, TONGUE-TIE, LACTATION RESOURCES AND MORE!**

## **Virtual Class or In-Person Class**

**October 10, 2024  
@ 11am via Webex**

**October 24th, 2024  
@ 6pm-7pm**

**\*\*Must Pre-register for In-person class\*\***

**Location: 157 S. Bluebird Rd. Building #2  
Sacaton, Az**

**Proof of enrollment from a federally recognized tribe (tribal ID or CDIB) and valid email address is required.**

**Incentive: Diaper Bag will be given when class, pre-test and post-test are completed.**

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