

Fathers and Friends Welcome—

No Pre-registration Required

You may bring a drink or snack

No children Please

Florida Department of Health in
Escambia County
WIC & Nutrition Program

This institution is an equal
opportunity provider.



**FREE
MOM to MOM
Breastfeeding
Class
Schedule**

*YOUR questions and concerns
will be answered*

Call: 850-595-6670
Ext 2



www.escambiahealth.com

Escambia Co Health Department
1295 W Fairfield Drive

Class schedule

10 AM to Noon

January 9th 2024

February 6th 2024

March 5th 2024

April 9th 2024

May 7th 2024

June 4th 2024

July 9th 2024

August 6th 2024

September 3rd 2024

October 1st 2024

November 5th 2024

December 10th 2024

You will learn...

- * How to latch and hold baby
- * How to make sure baby is getting enough
- * How to avoid pain and soreness
- * How to have a first magical hour with baby
- * About breastpumps!
- * What the WIC breastfeeding program can offer you!

