

Genesis Presents

Breastfeeding 101

& Pregnancy Nutrition Webinar Class

This class is offered to moms in their last trimester and nursing mothers :

Class will contain a variety of topics including but not limited to:

- Feeding Cues
- Positioning and Latching
- How much a New Baby needs

January 13th at
11am & January
27th
at 2pm

Call (520) 562-1237 to register

You will need:

- A valid email address
- An ID from a federally recognized tribe

10 person limit to the class

*Diaper bags will be mailed when Breastfeeding 101 and Pregnancy Nutrition Webinar Class is com-

