



Breastfeeding 101 & Breastfeeding Nutrition Virtual Class

FOR THIRD TRIMESTER OR POSTPARTUM MOMS

TOPICS TO INCLUDE:

BENEFITS OF BREASTFEEDING, STAGES OF LACTATION,
POSITIONING AND LATCHING, TONGUE TIE AND MORE

DATE: DECEMBER 7TH AT 10AM

OR DECEMBER 14TH AT 2PM

Must be from a federally recognized tribe with
PROOF OF ENROLLMENT(CDIB or tribal ID)

Incentive: Diaper bag will be given when class, pre-
test and post-test are complete.

For more information contact the Genesis Program

at 520 562-1237 or email

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