

# CELEBRATE WITH GENESIS IN 2023

## Breastfeeding 101 & Breastfeeding Nutrition Webinar Class

TOPICS INCLUDE: BENEFITS & MYTHS  
OF BREASTFEEDING, STAGES OF  
LACTATION, POSITIONING/LATCHING,  
INFO ON BREASTFEEDING DURING  
COVID-19 AND LOTS MORE!

JANUARY | THUR | 2023  
5TH AT 11AM  
OR 19TH AT  
2PM

FOR THIRD-TRIMESTER OR POSTPARTUM  
MOMS

- WILL NEED A VALID EMAIL ADDRESS
- PROOF OF ENROLLMENT FROM A  
FEDERALLY RECOGNIZED TRIBE (TRIBAL ID  
OR CDIB) IS REQUIRED

INCENTIVE: DIAPER BAGS WILL BE MAILED  
WHEN CLASS, PRE-TEST AND POST-TEST  
ARE COMPLETED.

Contact Pam Puente(DPSII/IBCLC) or Judi  
Thompson (DPSII) at the Genesis Program  
520-562-1237

