

# GENESIS PRESENTS:



## BREASTFEEDING/CHESTFEEDING 101 & BREASTFEEDING NUTRITION VIRTUAL CLASS FOR THIRD -TRIMESTER AND POSTPARTUM MOMS.

TOPICS INCLUDE:  
HUNGER CUES, POSITIONING/LATCHING,  
TONGUE-TIE, BENEFITS OF  
BREASTFEEDING, HOW TO TELL IF  
INFANT IS GETTING ENOUGH AND  
MORE!

WHEN: JUNE 6TH @ 11AM OR JUNE 20TH @ 2PM

WHERE: VIRTUAL

REQUIREMENTS: 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  
COMPLETED.

FOR MORE INFORMATION CONTACT THE GENESIS  
PROGRAM  
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