



Breastfeeding Basics Course

Learn why breastfeeding is so good for you and your baby, how to get off to a good start with breastfeeding, why breast milk is the perfect food for your baby and how to continue breastfeeding after you return to work.

2010 Schedule

Day	Date	Time
Saturday	January 30	9:00 a.m.—12:00 noon
Monday	March 1	6:30 p.m.—9:30 p.m.
Saturday	March 27	9:00 a.m.—12:00 noon
Monday	April 26	6:30 p.m.—9:30 p.m.
Saturday	May 22	9:00 a.m.—12:00 noon
Saturday	June 26	9:00 a.m.—12:00 noon
Saturday	July 31	9:00 a.m.—12:00 noon
Monday	August 30	6:30 p.m.—9:30 p.m.
Saturday	October 9	9:00 a.m.—12:00 noon
Monday	November 1	6:30 p.m.—9:30 p.m.
Monday	December 6	6:30 p.m.—9:30 p.m.

Register for classes by leaving a message on the
Childbirth Education Hotline: 520-381-6543.
Someone will return your call within 14 days.
(Dates are subject to change; please call ahead for verification.)