

# Benefits of Breastfeeding

## Free Virtual Class for Expecting Parents



This class covers how breastfeeding works, how do you start and why is breastfeeding so important.



**English:** April 5<sup>th</sup> & June 7<sup>th</sup>

**Spanish:** February 8<sup>th</sup> & 22<sup>nd</sup>, April 19<sup>th</sup> & June 7<sup>th</sup>



1:00 pm - 2:30 pm



To register please visit:

[www.healthystartorange.org](http://www.healthystartorange.org)

