

NARMC Women's Center Classes for Better Breastfeeding

This class prepares expectant parents to take the first steps in getting breastfeeding off to a great start.

While breastfeeding is a natural process, it is mostly a learned art.

Learn from Internationally Board Certified Lactation Consultant easy to follow tips for successfully breastfeeding your baby.

2011 Class Dates

July 12th 6:00 p.m. —8:00 p.m.

August 9th 6:00 p.m. —8:00 p.m.

September 13th 6:00 p.m. —8:00 p.m.

October 11th 6:00 p.m. —8:00 p.m.

November 8th 6:00 p.m. —8:00 p.m.

December 13th 6:00 p.m. —8:00 p.m.

Classes will be held in the Patient Tower, 3rd Floor, Conference Room C. To register, call the Lactation Department at 870-414-5324. The cost is \$20.



We're Here for Life.

620 N. Main, Harrison, AR • 870-414-4000

www.narmc.com