

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.

2012 Class Dates

- January 5th 6:00 p.m. —8:00 p.m.
- February 23rd 6:00 p.m. —8:00 p.m.
- March 22nd 6:00 p.m. —8:00 p.m.
- April 26th 6:00 p.m. —8:00 p.m.
- May 24th 6:00 p.m. —8:00 p.m.
- June 28th 6:00 p.m. —8:00 p.m.
- August 23rd 6:00 p.m. —8:00 p.m.
- September 27th 6:00 p.m. —8:00 p.m.
- October 25th 6:00 p.m. —8:00 p.m.
- November 20th 6:00 p.m. —8:00 p.m.
- December 11th 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