

Prenatal Breastfeeding

FREE Prenatal Breastfeeding workshops are provided quarterly at the Western Ottawa Community Resource Centre by an International Board Certified Lactation Consultant.

WHEN? Thursday, December 14 from 1 to 3:30 p.m.

WHERE? 2 MacNeil Court, Kanata

You will learn...

- tips to help start breastfeeding
- biological nurturing
- signs your baby is breastfeeding well
- general breast care
- how to express milk manually
- how to store breast milk
- what to do if you run into problems

TO REGISTER:

- Visit <https://goo.gl/sz1U9i>
- Call 613-591-3686 ext. 5, or
- Scan this QR Code



IMPORTANT:

Please bring a partner if you can.

*This session is offered in more than one location five times/month.
For session times and dates at a location near you, please call 613-722-4000 ext 440 or go to:
<http://BreastfeedingEducationSessions.eventbrite.ca/>*