

-FREE-

Breastfeeding Basics

-Introduction Class-

When: Wednesday, October 8th, 2025

Time: 5:30pm-7:30pm

Where: Seneca County Health Department
2465 Bonadent Drive, Suite 3, Waterloo, NY 13165

Learn how to prepare for breastfeeding and gain the knowledge and confidence you need to successfully breastfeed your baby.

Class designed for pregnant moms in their 2nd and 3rd trimester + 1 support person!

Topics Covered:

- Feeding positions
- Feeding frequency
- Proper latch
- Troubleshooting

Please register by October 1st, spaces are limited!

Registrants will be eligible for a **FREE** car seat, diapers, wipes, onesie, and more upon completion of the class!



Registration is Required

(You do not need to reside in Seneca County for this class)

Please call 315-539-1920 or
scan to register →



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