

# FREE Breastfeeding Basics

## Introduction Class

**July 8, 2026**

2465 Bonadent Drive, Suite 3, Waterloo, NY 13165

**4:30pm - 6:30pm**

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

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!**



**Public Health**  
Prevent. Promote. Protect.  
Seneca County, NY