

FREE!

Prenatal Breastfeeding Class

This single evening session is offered by public health nurses and is open to all pregnant women and their partner/support person.

We Will Discuss:

- **why breastfeeding is so important**
- **signs of hunger**
- **position and latch**
- **knowing when your baby is getting enough**
- **the importance of support**
- **common challenges**
- **and much more...**

Classes are currently offered once a month on the North Shore.

**Vancouver
CoastalHealth**
Promoting wellness. Ensuring care.

For more information or to register, call Shelley at 604-983-6846 or email shelley.cantafio@vch.ca



Register Now