

The ABCs of Breastfeeding



“Advantages, Basics, Challenges”

This **FREE** prenatal breastfeeding class is offered to all pregnant women and their support person(s).

WHEN:

2nd Wednesday of each month, 6:00-8:00pm

WHERE:

Vernon Health Centre, 1440-14th Avenue

Phone 250-549-5721 to register.

*This class is facilitated by Public Health Nurses