



Breastfeeding Education

Join *Nourish* Lactation Services for our very own Breastfeeding Class Series!

This detailed class series is dedicated to every thing you need to know about nourishing and nurturing your little one! Whether pregnant and preparing to breastfeed for the first time or an existing mama who needs some refreshing; our classes are built for all!

Our classes will provide you with your very own 'toolbox' full of need-to-know info that will allow you to approach breastfeeding with confidence and empower you to reach your breastfeeding goals!

All classes begin at 6pm and are held at Motherhood Matters in Davenport, IA.



Making More Milk: TBA

Breastfeeding Fundamentals: January 7th

Common Breastfeeding Challenges: January 14th

Wellness While Breastfeeding: January 21st

Pumping & Back to Work: January 28th

Visit www.nourishqc.com/book-now/ to register or for more information.

