



## Making it Work: Breastfeeding and Work Classes Available

Educational classes on breastfeeding and working are now available for expectant mothers and fathers. Partners of employees are encouraged to attend as well!

### Preparing for Baby

How to get a good start with breastfeeding, basic breastfeeding techniques, and how to work breastfeeding into your work life.

Date:

Time:

Location:

### Back to Work

How to use a breast pump, setting up a workable milk expression schedule, storing milk, maintaining a good milk supply, and talking with colleagues and supervisors about your needs.

Date:

Time:

Location:

Classes are taught by *[name of instructor, credentials, and organization]*. For more information, contact *[name of contact/department]*.