



CO-SPONSORED BY BELLINGHAM TECHNICAL COLLEGE AND PEACEHEALTH ST. JOSEPH MEDICAL CENTER



PeaceHealth
St. Joseph Medical Center

BREASTFEEDING BASICS AND BEYOND

Overview of the Class Sessions

- Introductions
- Agenda Setting
- Support and resources
- Preparation before birth
- Establishing your milk supply
- Challenges and solutions
- Evaluations & optional film



Class Information on:

Pregnancy, Childbirth, and Parenting Resource Site

<http://www.btc.edu/pcp>

Thank you for coming! Please call anytime: Terry Thalhofer @ 595-2403 or email thalhof@btc.ctc.edu