

3-PART BREASTFEEDING SERIES: NOURISHING MOM & BABY

Join us for a supportive, hands-on breastfeeding series designed to help moms feel confident, informed, and empowered.

Participants must attend all 3 sessions to receive the \$50 gift card.



5:00 PM - 6:30 PM



BRIDGES AT BELLE GLADE

141 SE Ave C
Belle Glade



561-463-9341

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Who Should Attend:

Pregnant moms, new moms, breastfeeding parents, and support partners.

TOPICS:

JAN 14TH, 2026

Breastfeeding Basics

Learn the benefits of breastfeeding, recognize hunger cues, and practice proper latch and positioning.

FEB 11TH, 2026

Overcoming Common Challenges

Tips for nipple pain, engorgement, clogged ducts, and troubleshooting common breastfeeding concerns.

MAR 11TH, 2026

Pumping, Working, & Long-Term Success

Learn pumping basics, milk storage, returning to work, and maintaining supply long-term.

What To Expect

- ✓ Hands-on demos
- ✓ Baby-friendly space
- ✓ Free take-home guides
- ✓ Light refreshments
- ✓ **\$50 gift card for attending all 3 sessions**

