

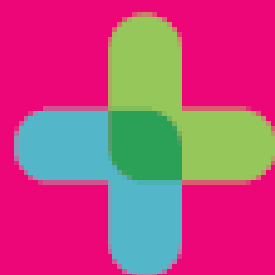
PREGNANT?

COME TO OUR FREE CLASS TO LEARN ABOUT BREASTFEEDING

FREE ANTENATAL BREASTFEEDING CLASS

- Gain confidence with breastfeeding through a one-off group session, share knowledge with your whānau and find out where to get more support before and after birth.
- Expectant mums and partners, support people and whānau are all encouraged to attend. Morning tea and helpful resources are provided free.
- For upcoming session dates and more information, email breastfeedingclass@thebreastroom.org or text **022 082 7710**
- Check out www.breastfeedingsos.co.nz for information about breastfeeding support.

The Breast Room®



WellSouth
Primary Health Network
Hauora Mātaua Kī Te Tonga