

# 2024 FREE BREASTFEEDING CLASSES

Always the 3<sup>rd</sup> Saturday  
10:00 am CST

Virtual on ZOOM: (Meeting ID: 812 5250 1749)

<https://tennesseehipaa.zoom.us/j/81252501749>

Saturday Jan 20<sup>th</sup>

Saturday Feb 17<sup>th</sup>

Saturday Mar 16<sup>th</sup>

Saturday April 20<sup>th</sup>

Saturday May 18<sup>th</sup>

Saturday June 15<sup>th</sup>

Saturday July 20<sup>th</sup>

Saturday Aug 17<sup>th</sup>

Saturday Sept 21<sup>st</sup>

Saturday Oct 19<sup>th</sup>

Saturday Nov 16<sup>th</sup>

Saturday Dec 21<sup>th</sup>



This is a free class by Dr. Allison Stiles, Pediatrician and Chair of the Shelby County Breastfeeding Coalition. This awesome and intimate class covers everything from the benefits of breastfeeding to pumping. We talk about what to do when your baby is born and what to expect. We learn how to know that the baby is getting enough milk. We talk about problem solving for pain, flat nipples, low milk supply, and going back to work. We discuss the laws in TN that protect your rights to breastfeed and pump at work. We can talk about whatever you would like!

**No advanced registration required.  
See Event and Link on  
Facebook or Website:**

**Shelby County Breastfeeding Coalition**

**[www.shelbycountybreastfeeding.org](http://www.shelbycountybreastfeeding.org)**