

# 2023 FREE BREASTFEEDING CLASSES

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

Virtual on ZOOM (Mtg ID 953 7724 1597)

<https://tennesseehipaa.zoom.us/j/9537241597>

Saturday Jan 21<sup>th</sup>

Saturday Feb 18<sup>th</sup>

Saturday Mar 18<sup>th</sup>

Saturday April 15<sup>th</sup>

Saturday May 20<sup>th</sup>

Saturday June 17<sup>th</sup>

Saturday July 15<sup>th</sup>

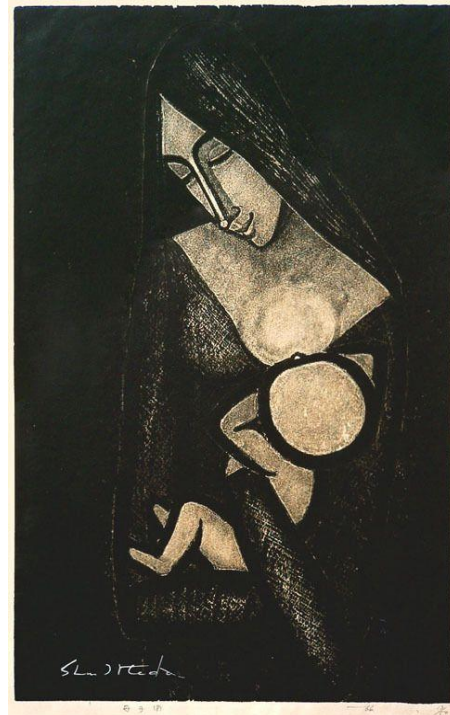
Saturday Aug 19<sup>th</sup>

Saturday Sept 16<sup>st</sup>

Saturday Oct 21<sup>th</sup>

Saturday Nov 18<sup>th</sup>

Saturday Dec 16<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)**