

# 2022 SCBC BREASTFEEDING CLASSES

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

Virtual on ZOOM: (Mtg ID 95377241597)

<https://tennesseehipaa.zoom.us/j/95377241597>

Saturday Jan 15<sup>th</sup>

Saturday Feb 19<sup>th</sup>

Saturday Mar 19<sup>th</sup>

Saturday April 16<sup>th</sup>

Saturday May 21<sup>th</sup>

Saturday June 18<sup>th</sup>

Saturday July 16<sup>th</sup>

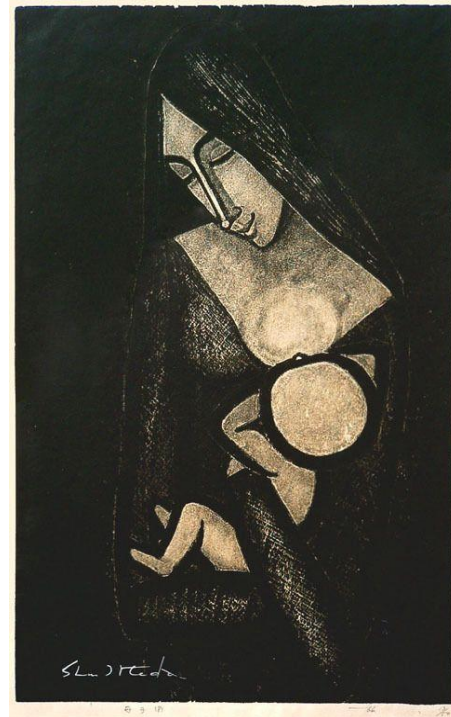
Saturday Aug 20<sup>th</sup>

Saturday Sept 17<sup>st</sup>

Saturday Oct 15<sup>th</sup>

Saturday Nov 19<sup>th</sup>

Saturday Dec 17<sup>th</sup>



This is a free class by Dr. Allison Stiles, Pediatrician, IBCLC, 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)