

## SCBC 2025 BREASTFEEDING CLASSES

Always the 3<sup>rd</sup> Saturday@10:00am CST  
(Or by Appt- Live or Virtual)

Virtual on ZOOM: (Meeting ID: 83826283094)

<https://tennessee.zoom.us/j/83826283094>

Saturday Jan 18<sup>th</sup>

Saturday Feb 15<sup>th</sup>

Saturday Mar 15<sup>th</sup>

Saturday April 19<sup>th</sup>

Saturday May 17<sup>th</sup>

Saturday June 21<sup>th</sup>

Saturday July 19<sup>h</sup>

Saturday Aug 16<sup>th</sup>

Saturday Sept 20<sup>st</sup>

Saturday Oct 18<sup>th</sup>

Saturday Nov 15<sup>th</sup>

Saturday Dec 20<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)**