



**MIDWEST
HEALTHY START**
AN SGA YOUTH & FAMILY SERVICES INITIATIVE



FREE Bilingual Lactation & Breastfeeding Classes

Learn About:

- Latch & positioning
- Monitoring weight gain
- Pump issues
- Breastfeeding while working
- Meeting your breastfeeding goals



Date: Every Wednesday

Time: 11 AM - 12 PM

Where: Advocate Trinity Hospital

2320 E. 93rd St., 4th Floor

NW Conference Room, Room 4303

Instructor: Belkys Rode (219-951-9511)

Register: Scan the QR code or contact

312-447-4345/312-447-4346

MWHS@sga-youth.org



Scan Me

 **Advocate Trinity Hospital**

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