

*Schoharie County*  
**Community Action Program, Inc.**

with The Schoharie County Department of Health  
are offering FREE

# Breastfeeding Classes

**Thursday, December 15, 2016**

**Thursday, January 19, 2017**

**Thursday, March 16, 2017**

**Thursday, May 18, 2017**

All classes held at:  
The Middleburgh Library  
323 Main Street  
Middleburgh  
6:00-8:30PM

This **FREE** class is open to all expectant mothers who reside in Schoharie County. Spouse and/or support persons are encouraged to attend. Together, Certified Lactation Counselors Amber Shultes and Heather Fretto will give you tips, tricks, and the *confidence* to breastfeed your baby successfully!



*Please call at least **two days** prior to class date to reserve your spot! It is only necessary to attend one of the dates listed above\**

**(518) 231-3549**

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