



Schoharie County

Community Action Program, Inc.

in partnership with the Schoharie County Department of Health

Live Virtual Breastfeeding Class

Thursday

December 10, 2020

6:00 pm - 8:30 pm

From the comfort of your home via Zoom.com

This class is open to all expectant mothers
who reside in Schoharie County.

Spouse and/or support persons are encouraged to attend.



Certified Lactation Counselor, Heather Fretto,
and International Board Certified Lactation Consultant,
Amber Shultes, will give you tips, tricks and the **confidence**
to successfully breastfeed your baby!

Please call **(518) 231-3549**
at least **two days** prior to class date
to reserve your spot!