

# **Prenatal Breastfeeding Classes at Windsor Regional Hospital**

**The First 24 hours and Beyond:**  
How to help you and your baby  
establish breastfeeding right  
from the start

## **WHEN:**

January 14 - 6:30-8:30pm  
February 11 - 6:30-8:30pm  
March 18 - 6:30-8:30pm

## **WHERE:**

Windsor Regional Hospital,  
Metropolitan Campus,  
Clinical Education  
Conference Room  
(located on the first floor)

## **COST:**

Free

## **REGISTRATION:**

Email [Alissa.Howe-Poisson@wrh.on.ca](mailto:Alissa.Howe-Poisson@wrh.on.ca) with your name and the date of the class you would like to attend. You can also call Alissa at 519-254-5577 ext. 52416

