

Postpartum Infant Feeding Class

FREE online class for parents of newborns



Topics Covered:

- Breast/chestfeeding
- Bottle feeding
- When to get help with feeding
- Question & answer session with AHS educator

Log on using a computer, tablet, or smart phone from the comfort of your home. You must register by email or phone to receive the Zoom link.



**Zoom class
every Thursday
11:30 – 12:45**

**To register for class, please email or phone:
birthandbabies@ahs.ca
403.955.1450**