



# NPSP Breastfeeding Classes

Join the New Parent Support Program in learning about breastfeeding. Designed for new and expecting parents desiring to gain education, support, and empowerment in reaching their breastfeeding goals, this class and support group will provide the tools and knowledge to overcome common breastfeeding challenges.

## Breastfeeding Class

Every 1st Wednesday, 10am - 11:30am  
Soldier & Family Readiness Group Center  
236 Interceptor Rd.

## Breastfeeding Empowerment Group

Every 3rd Wednesday, 10am - 11:30am  
Ste Mere Eglise Community Center  
7905 Sicily Dr.

To register, call (910) 907-5626  
For questions, please call (910) 396-7951