

GRANVILLE VANCE PUBLIC HEALTH
BREAST IS BEST
2018 EMPOWERMENT SERIES—PRENATAL CLASS SESSIONS



VANCE COUNTY PUBLIC HEALTH LOCATION
115 CHARLES ROLLINS ROAD
HENDERSON, NC 27536
Facilitator—Lauren Faulkner, B.S., CLC

GRANVILLE COUNTY PUBLIC HEALTH LOCATION
101 HUNT DRIVE
OXFORD, NC 27565
Facilitator—Lauren Faulkner, B.S., CLC

*****See Back for 2018 Empowerment Series Schedule *****

Please call either WIC location to reserve your spot in an Empowerment Session...
This institution is an equal opportunity employer and provider.

“Ready, Set...Baby” Breastfeeding class

BREASTFEEDING BASICS, BREASTFEEDING AND DELIVERY, BREASTFEEDING AND RETURN TO WORK/SCHOOL

- Empowering women to know the facts about breastfeeding and giving them the knowledge to understand what their baby needs
- Empowering women to know what they want to happen when they arrive at the hospital and for everyone to know her plan
- Empowering women to have a plan about returning to work/school and how to communicate this to their employer/school

2018 Breastfeeding Empowerment Series Schedule

1:30 – 2:45 pm

Vance Sessions (252) 492-3147	Granville Sessions (919) 693-1333
January 10, 2018	January 11, 2018
February 14, 2018	February 15, 2018
March 14, 2018	March 15, 2018
April 11, 2018	April 12, 2018
May 9, 2018	May 10, 2018
June 13, 2018	June 14, 2018
July 11, 2018	July 12, 2018
August 8, 2018	August 9, 2018
September 12, 2018	September 13, 2018
October 10, 2018	October 11, 2018
November 14, 2018	November 15, 2018
December 12, 2018	December 13, 2018

Did you sign up/enroll in WIC during your first trimester of pregnancy (before 14 weeks pregnant)?

If so, attend ONE of the breastfeeding classes listed above and RECEIVE A \$10 GIFT CARD!!