

# SUCCESSFUL BREASTFEEDING

Dr. Manson's 1.5 hour educational workshop provides all the breastfeeding basics you'll need to get baby off to an awesome start! even before baby arrives.

## TOPICS

- The ABCs of breastfeeding
- Perfecting breastfeeding positions
- Reducing nipple soreness
- Benefits of breastfeeding
- How breastmilk adapts to your baby's needs
- Is my baby getting enough?
- Expressing breastmilk
- Your Questions

## DATES

Monday April 30th

## TIME:

6:30 -8:30 pm

## LOCATION

Here!

60 Gillingham Drive Suite 200

See Receptionist or call

905-456-7111

to reserve your spot