

Free Breastfeeding Class

for pregnant moms

LED BY: EMELY ROMERO, IBCLC - LUNA ARC COUNSELING



what to expect in the first days
latching and breastfeeding positions
milk storage
pumping and bottlefeeding

Friday, May 8th
10:00AM - 11:00AM

ECPAC's Family Resource and Support Center
7190 Colorado Blvd (basement level).
Commerce City



ECPAC
EARLY CHILDHOOD
PARTNERSHIP
OF ADAMS COUNTY



TO REGISTER, SCAN THE CODE
OR CONTACT SOFIA AT
720-666-0509; SOFIA@ECPAC.ORG



Clase Gratuita de Amamantamiento

para mamás embarazadas

DIRIGIDO POR: EMELY ROMERO, IBCLC - LUNA ARC COUNSELING



qué esperar en los primeros días
posiciones de agarre y lactancia
almacenamiento de la leche
extracción de leche y biberón

viernes. 8 de mayo

10:00AM - 11:00AM

Centro de Recursos y Apoyo Familiar de ECPAC
7190 Colorado Blvd (sótano).
Commerce City



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