



## Breastfeeding Education Classes 2018



2215 Burdett Avenue, Suite 200  
Troy, NY 12180  
[www.BurdettBirthCenter.org](http://www.BurdettBirthCenter.org)



## Breastfeeding Support Groups

A certified lactation consultant provides support, education and instruction on breastfeeding in an informal and relaxed forum. For your convenience, we are pleased to offer both day and evening sessions.

Our breastfeeding support groups are offered at the following locations and times:

### Oakwood Community Center

313 10th Street, Troy  
10 am – 12 pm

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January 2 & 16	July 3 & 17
February 6 & 20	August 7 & 21
March 6 & 20	September 4 & 18
April 3 & 17	October 2 & 16
May 1 & 15	November 6 & 20
June 5 & 19	December 4 & 18

### Samaritan Hospital, Pattison Board Room

Second Floor, 2215 Burdett Avenue, Troy  
6 – 8 pm

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January 9 & 23	July 10 & 24
February 13 & 27	August 14 & 28
March 13 & 27	September 11 & 25
April 10 & 24	October 9 & 23
May 8 & 22	November 13 & 27
June 12 & 26	December 11

Siblings are welcome. No registration is needed, just drop in!

## Back to Work Program

Working parents face many challenges, but with some planning, your transition back to work doesn't have to be one of them. Our Back to Work program offers helpful tips and information to help make your transition back to work or school easier.

We will discuss pumping, milk storage and bottle feeding, child care, and the emotional adjustment. Participants may bring their breast pump to the class for help learning how to use a breast pump.

### Samaritan Hospital, Pattison Board Room

Second Floor, 2215 Burdett Avenue, Troy  
6 – 8 pm on the following dates:

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January 25	July 26
February 22	August 30
March 22	September 27
April 26	October 25
May 24	November 29
June 28	No December class

**To register for any of our classes, or for more information please call (518) 271-3368.**

## Breastfeeding Basics Classes

While breastfeeding is a natural process, it is also a learned art. Taught by a certified lactation consultant, this class offers information on the benefits of breastfeeding and the basics of getting started.

### Samaritan Hospital, Pattison Board Room

Second Floor, 2215 Burdett Avenue, Troy  
6 - 8 pm

January 4	May 3	September 13
February 1	No June class	October 4
March 1	July 5	November 1
April 5	August 2	December 6