



Healthy Habits Begin at Birth

Breastfeeding Class + Back to Work Support

Presented by Women, Infants and Children (WIC) Program

WIC's mission: To support and educate women on the importance of providing breast milk to their infants exclusively for the first six months of the child's life.

FREE and open to the public

Breastfeeding Education Class (dates subject to change, call to sign up)

- Learn about breast milk, get tips on feeding from peer counselors and explore feeding options for your infant
- Noon to 1 p.m. on the second Wednesday of each month (feel free to bring your lunch)
1900 E. 9th St. N. - Main WIC office

Back to Work Breastfeeding Support (dates subject to change, call to sign up)

- Learn how to prepare for your return to work, school or a day away from baby
- 1 to 2 p.m. on the second Friday of each month
1749 S. Martinson - Stanley WIC office

Door prizes will be awarded! Spanish translator available



For information, contact WIC at

660-7444

or visit www.sedgwickcounty.org

Additional WIC information at www.kansaswic.org

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