



**Building**  
Healthy Habits

# Pregnancy and Infant Feeding Workshops

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**Workshops help people:**

- Eat healthier during pregnancy and lactation
- Explore the benefits of breastfeeding
- Get tips for feeding their baby
- Know baby hunger cues
- Explore breastfeeding positions
- Understand how to pump and store breastmilk

**Date:**

**Location:**

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**Earn a certificate of completion.**

**Workshops are free!**

**Contact us to find out more information or to sign up!**

Name:

Email:

Phone Number:

**Cornell Cooperative Extension**  
**Suffolk County**