



Building
Healthy Habits

Pregnancy and Infant Feeding Workshops

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:

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