



# Breastfeeding Essentials Class

This class is designed to educate and support mothers and their partners, to prepare for breastfeeding success. Couples are welcome to join at any point in the second or third trimester of pregnancy. This class is taught in-person, in a small group format.

Dr Tanya is a Family Chiropractor who is passionate about prenatal care, pediatric care, and breastfeeding support. She is a Breastfeeding Counsellor and provides Level 1 private lactation support to her clients. She also collaborates with LC's and other health care providers to support mothers and breastfeeding. You can join her free Facebook support + connection group "The Breastfeeding Network - Perth county".

All classes are 7-9pm | \$40

Class dates:

October 18, 2022

January 24, 2023

April 18, 2023

July 25, 2023

October 17, 2023



@DrTanyaChambers  
@StratfordChiro



Register at 519-273-9200 or  
[info@stratfordchiropractic.com](mailto:info@stratfordchiropractic.com)

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