



Breastfeeding Essentials Class

This class is designed to prepare, educate and support mothers who wish for breastfeeding success. Mothers-to-be are welcome to join at any point in their second or third trimester of pregnancy. This class is taught in-person, in small group format, with all Covid-19 protocols in place. Classes are held at Stratford Chiropractic & Wellness Centre, and taught by Dr. Tanya Chambers.

Dr Tanya is a Chiropractor who is passionate about prenatal care, pediatric care, and breastfeeding support. She is a Breastfeeding Counsellor and provides Level 1 private lactation support as well as a group clinic on Tuesdays 1:15-2:30. She also collaborates with LC's and other health care providers to support mothers and breastfeeding.

7-9pm | Fee \$40

Class dates:

July 20, 2021

October 26, 2021

January 18, 2022

April 12, 2022

July 12, 2022

October 18, 2022



@DrTanyaChambers
@StratfordChiro



**Register at 519-273-9200 or
info@stratfordchiropractic.com**

