



# Breastfeeding Essentials Class

This class is designed to educate and support moms-to-be 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 are invited to join her free Facebook support + connection group "The Breastfeeding Network - Perth county".



## 2025 class dates:

Tues Feb 11, 2025

Tues May 13, 2025

Tues Aug 26, 2025

Tues Nov 18, 2025

All classes are 7-9pm | \$50

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@StratfordChiro



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

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