

PREGNANT?

COME TO OUR FREE CLASS TO LEARN ABOUT BREASTFEEDING



FREE ANTENATAL BREASTFEEDING CLASS

Gain confidence with breastfeeding through a one-off group session, share knowledge with your whānau and find out where to get more support before and after birth.

Expectant mums and partners, support people and whānau are all encouraged to attend. Morning tea and helpful resources are provided free.

For upcoming session dates and more information, text or call Rachel Fahey on 0220827710 or 03 477 6241 or email otagobreastfeeding@gmail.com

Check out www.breastfeedingsos.co.nz for information about breastfeeding support.



WellSouth
Primary Health Network
Hauora Matua Ki Te Tonga