



**BREASTFEEDING  
IS GOOD FOR  
YOU TOO.**

**YOU  
GOT  
THIS.**

**Have you thought  
about breastfeeding?**

Research has proven that breast milk is best for baby's first year of life. By breastfeeding, you provide your baby with many health benefits that last forever.

We offer no-cost breastfeeding education and support at several locations across Volusia County. Education information is on the back of this page.

This institution is an equal opportunity provider.

# WIC Breastfeeding Classes

Women are encouraged to attend classes by the 7<sup>th</sup> month of pregnancy. Partners, family and friends are welcome to attend as well. For your convenience, breastfeeding classes are held in the morning and evening at three Department of Health locations in Volusia County.

<p style="text-align: center;"><b>Daytona Beach</b> 1845 Holsonback Dr. Conference Room 516B AM Conference Room 516C PM</p>	<p style="text-align: center;"><b>New Smyrna Beach</b> 717 W. Canal St.</p>	<p style="text-align: center;"><b>Orange City</b> 775 Harley Strickland Blvd.</p>
2019 Class Schedule		
<p><b>Morning classes: 10-11 a.m.</b> January 8 February 12 March 12 April 9 May 14 June 11 July 9 August 13 September 10 October 8 November 12 December 10</p>		
<p><b>Evening Classes: 6-8 p.m.</b> January 17 February 21 March 21 April 18 May 16 June 20 July 18 August 15 September 19 October 17 November 21 December 19</p>	<p><b>Evening Classes: 6-8 p.m.</b> January 9 February 13 March 13 April 10 May 15 June 12 July 10 August 14 September 11 October 9 November 13 December 11</p>	<p><b>Evening Classes: 6-8 p.m.</b> January 8 February 5 March 5 April 2 May 7 June 4 July 2 August 6 September 3 October 1 November 5 December 3</p>

**More information?**

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**Stephanie:** 386-999-1905

[volusiahealth.com/wic](http://volusiahealth.com/wic)

