



## Nash Women's Center *Virtual* BREASTFEEDING CLASSES

This important seminar is designed to educate mothers about the basic techniques they can use to enjoy a positive breastfeeding experience with their baby  
Open to pregnant women, new mothers and babies, and their supportive loved ones

**Led by Shannon Morgan, RN, BSN,  
Lactation Consultant, Nash Women's Center**

*July 30, 2020*

*October 29, 2020*

*August 27, 2020*

*November 19, 2020*

*September 24, 2020*

*December 17, 2020*

**All classes are 7:00pm to 9:00pm**

Classes will be offered *virtually* through the WebEx Application.

Upon registration, you will receive a link to join class.

**To Register, please send an email to  
[nashwomenscenter@unchealth.unc.edu](mailto:nashwomenscenter@unchealth.unc.edu)  
or Call 252-962-BABY (2229)**



## **Nash Women's Center *VIRTUAL* CHILDBIRTH CLASSES**



### **Expecting a new addition to your family?**

This series of free classes is designed to educate women about pregnancy, labor, childbirth, and the new and exciting resources the Nash Women's Center has to offer.

Topics discussed include: nutrition, health and wellness during pregnancy, labor and pain management, newborn care, and feeding methods.

*Open to pregnant women, new mothers and babies, and their supportive loved ones*

### **2020 Tuesday evening class series 7:00pm to 9:00pm**

July 7, 14, 21, and 28

October 6, 13, 20, and 27

August 4, 11, 18, and 25

November 3, 10, 17, and 24

September 8, 15, 22, and 29

December 1, 8, 15, and 22

***Led by Boots Vandemark, BSN, RNC-OB***

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