



*Schoharie County*

**Community Action Program, Inc.**

in partnership with the Schoharie County Department of Health

# Live Virtual Breastfeeding Class

Wednesday  
**June 23, 2021**

6:00 pm - 8:30 pm

*From the comfort of your home via Zoom.com*

This class is open to all expectant mothers  
who reside in Schoharie County.  
Spouse and/or support persons are encouraged to attend.



Certified Lactation Counselor, Heather Fretto, Breastfeeding Peer Counselor, Courtney Bacon, and International Board Certified Lactation Consultant, Amber Shultes, will give you tips, tricks, and the **confidence** to successfully breastfeed your baby!

Please call **(518) 231-3549**  
at least **two days** prior to class date  
to reserve your spot!