



3rd Trimester Lactation Class

Join us for this special class led by Chapa-De's Lactation Specialist dedicated to pregnant parents in their third trimester.

Learn Lactation Basics:

- What breastmilk is and where it comes from
- The different types of breastmilk
- How often you can expect to nurse and how long
- Different nursing positions
- Correct latching
- And more!

Fed is best. We support you and your growing baby, breast feeding or formula feeding. Call us for any questions.



When

Second Mondays (Auburn)
Third Mondays (Grass Valley)

English Session: 10 AM - 11AM
Clase en Español: 11 AM - 12 PM



Where

Chapa-De Auburn
Building B Conference Room

Learn more about our
Prenatal Program:



BABY LUV PROGRAM



(530) 863-4681



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