



BREASTFEEDING CLASSES

Breastfeeding doesn't have to be hard. It takes knowledge and practice to be successful. Starr Regional Medical Center offers classes for women who are expecting or recently had a baby to help them learn how to breastfeed successfully. This is not a class just for first-time moms, it is open to all moms interested in learning more about breastfeeding.

Classes are led by healthcare professionals and are free to parents who are planning to deliver or have delivered at Starr Regional Medical Center. The class is one session, and is offered Tuesdays 5:30 - 8 p.m. and Saturdays from Noon - 2:30 p.m. at Starr Regional Medical Center - Athens in the Conference Room. A light snack will be provided.

See our complete schedule of classes to find a date that works best for you. **Pre-registration is required and must be completed by noon the Friday prior to the class start date.**

Register for a class today!
Call **423.744.3280**,
Email **StrrBabies@lpnt.net**
Online registration coming soon!

PLEASE NOTE: All participants will be screened, including questions related to COVID-19 and a temperature check, prior to entering Starr Regional Medical Center. Participants are required to wear a mask or face covering. If you do not have a mask, one will be provided for you.

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-423-745-1411 (TTY: 1-800-833-3232).

مقرر (1-423-745-1411) مقرب لصلتا. ناعمالاب كل رفاوتت قىوغللا ءءعاسال تامءء نإف. ءغلاللا ركءا ءءءءء ءنك اءل: ءظوءءم (1-800-833-3232) مءب لاء وصالء ءءاء



StarrRegional
MEDICAL CENTER

1114 West Madison Avenue, Athens
423.745.1411 | StarrRegional.com

2021 BREASTFEEDING CLASSES

Saturday, January 16
Noon - 2:30 p.m.

Tuesday, February 16
5:30 - 8 p.m.

Saturday, March 6
Noon - 2:30 p.m.

Tuesday, April 20
5:30 - 8 p.m.

Saturday, May 22
Noon - 2:30 p.m.

Tuesday, June 22
5:30 - 8 p.m.

Saturday, July 17
Noon - 2:30 p.m.

Tuesday, August 10
5:30 - 8 p.m.

Saturday, September 25
Noon - 2:30 p.m.

Tuesday, October 19
5:30 - 8 p.m.

Saturday, November 6
Noon - 2:30 p.m.

*Pre-registration is required.
Register by Noon the Friday
prior to the class date.*