Educational classes on breastfeeding and working are now available for expectant mothers and fathers. Partners of employees are encouraged to attend as well!

**Preparing for Baby**
How to get a good start with breastfeeding, basic breastfeeding techniques, and how to work breastfeeding into your work life.

- **Date:**
- **Time:**
- **Location:**

**Back to Work**
How to use a breast pump, setting up a workable milk expression schedule, storing milk, maintaining a good milk supply, and talking with colleagues and supervisors about your needs.

- **Date:**
- **Time:**
- **Location:**

Classes are taught by [name of instructor, credentials, and organization]. For more information, contact [name of contact/department].