



# Thinking about breastfeeding?

## Let's talk about it.

1st and 3rd Wednesday of each month 6:00-7:00 pm  
Fairview Wellness Center, 3035 Wooster Rd, 44116

Like many moms-to-be, you probably have heard that breastfeeding is the healthiest choice for you and your baby, BUT you may also have a lot of questions you need answered to help you decide if breastfeeding is the right choice for YOU.

Join us for a **FREE** discussion and informational session.

- What are the real benefits?
- Will it hurt?
- How will I know if I make enough milk?
- What if my partner feels left out?
- Can I give my baby a bottle too?
- What if I don't eat well?
- How can I manage going back to work or school?
- What if I smoke or take medication?
- How much breast milk does my baby need?
- How often should I feed my baby?

Register online or by calling 440.356.0347

[clevelandclinic.org/FVbirthclass](http://clevelandclinic.org/FVbirthclass)