

BREASTFEEDING SUPPORT

HEALTH*MATTERS UCB Wellness Program for Faculty and Staff
510.643.4646 | hmatters@uhs.berkeley.edu

Breastfeeding Your Baby Class

Breastfeeding Basics, Problem Solving and
Returning to Work or School

Monday, Sep 22, 2014

or

Tuesday, Nov 4, 2014

1:30 – 5 pm at the Tang Center

This class is open to Faculty, Staff, Students, LBNL employees, and their Spouses/Domestic Partners. Everyone is welcome to participate in the entire class, or either part one or part two based on needs. Instructor Laura Monin is an International Board Certified Lactation Consultant, Certified Lactation Educator, experienced nursing mother, and parent educator.

Part One: 1:30 – 3:00 pm

- Breastfeeding Basics
- Common problems and how to manage them

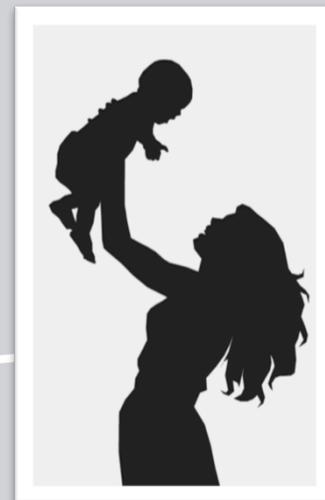
Part Two: 4:00 – 5:00 pm

- Planning and time management for returning to work or school
- Breast pumps

About the Breastfeeding Support Program

uhs.berkeley.edu/breastfeeding

The University supports new parents who want to continue breastfeeding after returning to work or school. The Breastfeeding Support Program coordinated by Health*Matters Wellness Program, serves faculty, staff and students. The program includes breastfeeding classes with a lactation consultant, lactation rooms on campus with hospital-grade pumps, and sale of breast pumps (and kits for pumps in the rooms) at a discounted price. For more information, check uhs.berkeley.edu/breastfeeding or call 643-4646.



To Enroll:

Please call Tiffany Lui
at 510-643-4646

or email at

tiffanylui@berkeley.edu

Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

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