

# Antenatal Breastfeeding Sessions

Join the Community Health Breastfeeding Support Service for a one hour session to learn about breastfeeding before your baby is born.

Topics covered include:

- What happens to breasts during pregnancy and the impact on feeding.
- Identifying your support team
- Benefits of breastfeeding
- Incorporating breastfeeding into your life
- Practical activities and more!

**NOTE:** Sessions open to women and partners at any stage of pregnancy.

## Time

9am - 10am

## Dates

first Monday of the month:

- 5th August • 2nd September
- 7th October • 4th November

## Location

Community Health  
125 Campbell St,  
Swan Hill

For more information or to register your interest in attending, contact Community Health



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