

YOU ARE INVITED

TO ATTEND ANY OR ALL OF OUR

Free *Upstate Best Beginnings*

Breastfeeding Class Options:

1. **Breastfeeding - Planning for Success**

2. **Breastfeeding - Back to Work**

To register for the above in-person classes visit
www.upstate.edu/bestbegin

3. **Breastfeeding - Online Class**

Online link: <https://vimeo.com/album/5394316>

Passcode: bfhiparent

4. **Breastfeeding Support & ASK the Educator**

Weekly sessions. Visit www.upstate.edu/bestbegin for current meeting dates.

Support Persons/Partners are welcome!

Questions?

Contact the Coordinator at
childbirthed@upstate.edu or 315-492-5153

UPSTATE
COMMUNITY HOSPITAL

Family Birth Center

