

UPSTATE UNIVERSITY HOSPITAL - COMMUNITY CAMPUS PRESENTS

BREASTFEEDING: PLANNING FOR SUCCESS

Upstate University Hospital and your provider support and encourage mothers to exclusively breastfeed for six months and continue to breastfeed for at least one year because human milk is uniquely tailored to meet the nutritional needs of infants. Research shows that infants who are not breastfed experience more diarrhea, ear infections, and lower respiratory tract infections. They are also at higher risk for diabetes and obesity. Breastfeeding helps protect mothers from breast and ovarian cancer among other diseases. Attend this class to learn more about the benefits of breastfeeding and how to ensure a good experience.

2015 CLASS DATES

Upstate University Hospital, Community Campus. All classes are held from 7:00 p.m. - 9:00 p.m.

Tuesday, January 6

Tuesday, May 5

Tuesday, September 1

Tuesday, February 3

Tuesday, June 2

Tuesday, October 6

Tuesday, March 3

Tuesday, July 7

Tuesday, November 3

Tuesday, April 7

Tuesday, August 4

Tuesday, December 1

\$15.00 registration fee per couple (non-refundable)

Those mothers attending the UUH Expectant Parent Program will have this fee waived.

To register, please complete and mail form below or call (315) 492-5447.

Directions: Classes will meet in the 6th floor physical therapy gym. Enter hospital through main entrance. Take visitor elevators to the 6th floor. Turn right out of the elevator and continue down the short hallway to the gym.

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COMMUNITY CAMPUS

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BREASTFEEDING: PLANNING FOR SUCCESS PROGRAM REGISTRATION FORM

Name: _____ Class Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Physician/Midwife: _____ Due Date: _____

Please make checks payable to:
Upstate University Hospital - Community Campus

Detach form and mail to:
Upstate University Hospital - Community Campus
OB Department
Attention: Nurse Manager
4900 Broad Road
Syracuse, NY 13215

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