



BREASTFEEDING CLASSES

Breastfeeding doesn't have to be difficult. It takes knowledge and practice to be successful. Starr Regional Medical Center offers classes for women who are expecting or recently had a baby to help them learn how to breastfeed successfully. This is not a class just for first-time moms, it is open to all moms interested in learning more about breastfeeding.

Classes are led by healthcare professionals and are free to parents who are planning to deliver or have delivered at Starr Regional Medical Center. The class is one session, and is offered Tuesdays 5:30 - 8 p.m. and Saturdays from Noon - 2:30 p.m. at Starr Regional Medical Center - Athens in the Conference Room. A light snack will be provided.

See our complete schedule of classes to find a date that works best for you. **Pre-registration is required and must be completed by noon the Friday prior to the class start date.**

PLEASE NOTE: We are taking extra steps to keep you safe, including implementing universal masking for employees, patients and visitors; continuing stringent cleaning and disinfection protocols; and setting up stations stocked with alcohol-based sanitizers, tissues and hands-free trash cans throughout our facility.

REGISTER FOR A CLASS TODAY

Register online at StarrRegional.com/events

You may also register by calling **423.744.3280**
or emailing StrrBabies@lpnt.net



StarrRegional
MEDICAL CENTER

1114 West Madison Avenue, Athens
423.745.1411 | StarrRegional.com

2022 BREASTFEEDING CLASSES

Saturday, January 22
Noon - 2:30 p.m.

Saturday, February 19
Noon - 2:30 p.m.

Saturday, March 19
Noon - 2:30 p.m.

Saturday, April 2
Noon - 2:30 p.m.

Saturday, May 28
Noon - 2:30 p.m.

Tuesday, June 28
5:30 - 8 p.m.

Saturday, July 16
Noon - 2:30 p.m.

Tuesday, August 23
5:30 - 8 p.m.

Saturday, September 17
Noon - 2:30 p.m.

Tuesday, October 11
5:30 - 8 p.m.

Saturday, November 5
Noon - 2:30 p.m.

*Pre-registration is required.
Register by Noon the Friday
prior to the class date.*