

# BREASTFEEDING Basics

## A FREE CLASS for all expectant and new mothers

**WHEN** | Second Tuesday of each month  
6–7:30 p.m.

**WHERE** | Second-floor conference room  
at HRRMC

The class will cover breastfeeding basics including:

- How to get the best start
- Proper latch
- Positioning
- When to feed
- Maintaining milk supply
- Breast care

*Taught by* Joni Baker, RN, Certified Lactation Counselor  
Megan Juba, Childbirth Educator and La Leche League leader  
Both are mothers with personal breastfeeding experience.



HEART OF THE ROCKIES  
REGIONAL MEDICAL CENTER

For more info or to register, call or text Megan Juba at 719-539-9242 or email [meganmjuba@yahoo.com](mailto:meganmjuba@yahoo.com), or Joni Baker at 740-438-1279 or [jjlrjdbaker@gmail.com](mailto:jjlrjdbaker@gmail.com). You can also register online at [hrrmc.com](http://hrrmc.com).