



## “Breastfeeding: What’s Real and What Works!”

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A complete and easy-to-follow breastfeeding course offered for new moms and dads, taught by:

Tess Johnson, RN, PHN, IBCLC

Offered every month, on the third Thursday, from 6pm – 8:30pm  
At Sierra Chiropractic, located at 1629 Pollasky #102 in Clovis.

Cost: \$25.00 per couple

In this class, you will:

- Learn about many benefits of breastfeeding
- Practice the best positions for easy latch-on
- Watch how skin-to-skin time helps babies learn
- Recognize how to avoid common problems
- Understand how to tell if baby is getting enough
- *Gain confidence!*

Call Tess at 905-6635 to register today!