

## Infant Education at Tamarac



- Infant CPR
- Breastfeeding

### Infant/Child Cardio-Pulmonary Resuscitation (CPR)

This class will help you know what to do if an infant or child should choke or stop breathing

- **June 7 or 8, August 16 or 17, October 18 or 19, December 6 or 7**
- **Taught by an American Heart Association Certified Instructor**

### Breastfeeding

This class is for every woman desiring to breastfeed and for the new breastfeeding mother. Come and find the information to help you successfully nurse your baby.

**FREE for Family Birth Center clients**

- **June 21, July 26, August 30, September 13, October 18, November 1, December 20**
- **Taught by our GMHS Lactation Specialist**

*Call 231-924-1344 to register.*

