

NOURISH WITH CONFIDENCE: PRENATAL BREASTFEEDING PREPARATION

2026 Dates | 6:00 – 7:30 pm

MAR 13 • MAY 8 • JUL 10 • SEP 11 • NOV 13



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HSA / FSA funds eligible*



Wondering how breastfeeding will really work for you – and how to feel ready before baby arrives? This in-person workshop gives expectant parents and their support person practical skills and confidence to start breastfeeding with clarity and calm.

What You'll Learn:

- Early days of breastfeeding – what to expect
- How breastfeeding works – basic anatomy & physiology
- Common challenges and solutions
- Pregnancy preparation for breastfeeding success
- How partners/support people can help

Location: Soul to Soul Yoga Studio, 425 Main St, Lebanon, OR

Investment: \$30 per person | \$50 per couple

Receive a prenatal breastfeeding eBook after class for continued guidance and confidence.