

# MILK YOUR WAY: GENTLE GUIDE TO PUMPING, BOTTLES, AND FORMULA (VIRTUAL)

2026 Dates | 6:00 – 8:00 pm (Live via Zoom)  
FEB 18 • APR 15 • JUN 17 • AUG 19 • OCT 21 • DEC 16



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HSA / FSA funds eligible\*



**Not sure how you'll feed your baby – or what choices are best for your family?**

This supportive, evidence-based workshop will help you understand pumping, bottles, and formula so you can feel steady in your decisions.

## What You'll Learn:

- When and how to start pumping or expressing milk
- Feeding tools – how to use them confidently
- Bottle feeding – timing, types, and techniques
- Formula feeding – choosing and preparing safely
- Personalized Q&A - eBook included!

Investment: \$25 per person | HSA/FSA eligible

Feel informed, supported, and confident feeding your baby – your way.