

You and Your Baby.

The most important members of our team.

Prenatal Breastfeeding

Classes and times available include:

Daytime: 1:30 to 3:30 p.m.

- Jan. 5
- April 26
- July 26
- Oct. 25

Evening: 6 to 8 p.m.

- Feb. 22
- May 24
- Aug. 23
- Nov. 15

Class Location:

Albert Lea Room or Freeborn Room
Freeborn County Government Center
411 S. Broadway, Albert Lea, MN

Call [507-377-5100](tel:507-377-5100) to register
or for more information.

All classes provided by
Freeborn County Public Health
and Mayo Clinic Health System
nursing staff.

Childbirth Education

2-day classes are available on the
following dates:

Session 1

- Jan. 22 & 24, 5 to 8:30 p.m.

Session 2

- March 7 & 14, 9 a.m. to 12:30 p.m.

Session 3

- May 7 & 14, 5 to 8:30 p.m.

Session 4

- July 9 & 16, 5 to 8:30 p.m.

Class Location:

Foundation Board Room (Room 20)

Please bring a towel or yoga mat to the first class.

Session 5

- Sept. 12 & 19, 9 a.m. to 12:30 p.m.

Session 6

- Nov. 5 & 12, 5 to 8:30 p.m.

Call [507-377-6366](tel:507-377-6366) to register
or for more information.

