



**WIC  
FREE  
INFANT FEEDING  
CLASSES  
2022**

*Breastfeeding...a gift of love  
that lasts a lifetime.*

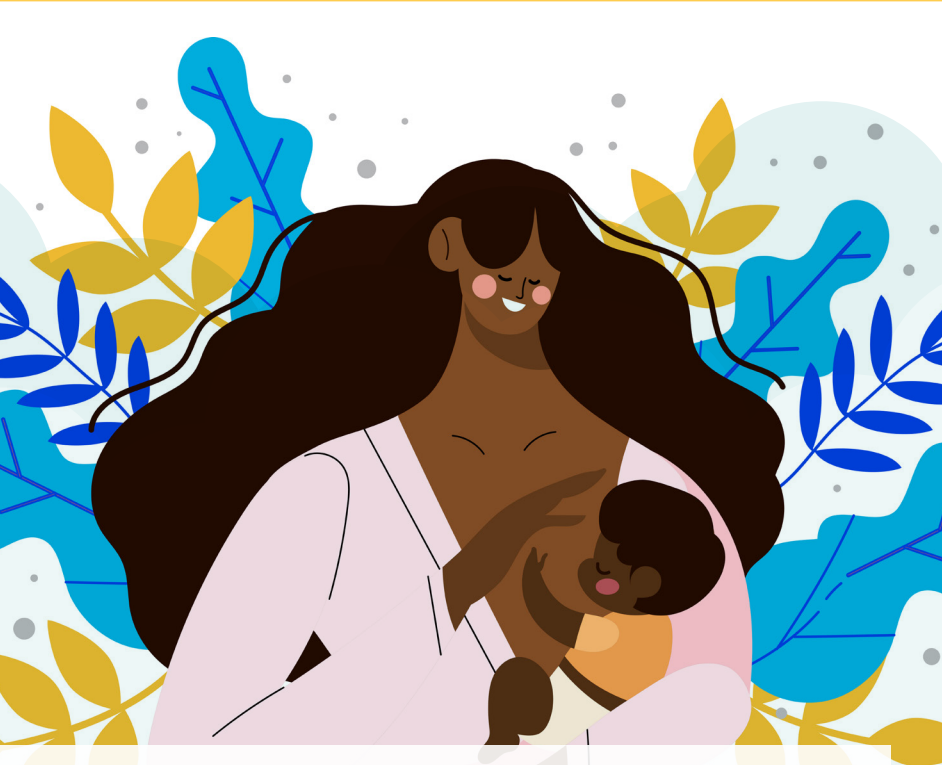
WIC Clinics	Class Times**	WIC Breastfeeding	AUG	SEPT	OCT
Newburg Library* 4800 Exeter Avenue	Every 1st Tuesday with Joan 10:30 am - 12:00 pm	Call Rebekah at 502-881-1916 or email Rebekah.scroggy @louisvilleky.gov to register	2	6	4
Main Library (Meeting Room 1) 301 York Street	Every 3rd Sunday with Stacey 1:30 pm - 3:00 pm		21	18	16
Shawnee Library 3912 W. Broadway	Every 2nd Thursday with Shareka 11:30 am - 1:00 pm		11	8	13
Dixie/Southwest Library 9725 Dixie Highway	Every 2nd Monday with Khadija 6:30 pm - 8:00 pm		8	12	10

*If interested in a virtual class please reserve your spot by email Rebekah Scroggy at [Rebekah.scroggy@louisvilleky.gov](mailto:Rebekah.scroggy@louisvilleky.gov)*

\*Spanish Class

\*\*Please call a Peer Counselor to confirm times and dates

WIC is a program for Women, Infants, and Children that provides nutrition and information to promote the health of you and your family.



All Classes are **FREE!**  
Bring a Support Person

### Benefits for nursing moms

- Nursing moms can stay on WIC for up to 1 year.
- Nursing moms receive more food than moms that do not nurse. Moms who completely breastfeed receive more food than moms using some formula.
- Breast pumps are for nursing moms returning to work or school.
- Nursing moms can participate in the Breastfeeding Peer Counselor Program.
- Peer counselors will be available for you to call with questions and act as your support person. They teach you how to breastfeed.
- An breastfeeding expert is available to help with breastfeeding problems.

### How to qualify for an electric breastpump

- You must attend a breastfeeding class.
- You must be breastfeeding your baby.
- You must talk with your employer and make arrangements for a place and time to pump.
- You must call your WIC office 2-3 weeks before returning to school or work to make an appointment to be issued a pump.



DEPARTMENT OF  
PUBLIC HEALTH  
AND WELLNESS



louisville  
**WIC**  
Women • Infants • Children

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[LouisvilleWIC.com](http://LouisvilleWIC.com)

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