



WIC FREE INFANT FEEDING CLASSES 2014

Grandparents, Fathers, and Supporters are welcome!

Note: dates, locations and times are subject to change

Para classes en español, llame a Katrina 502-574-6685

WIC Clinics	Class Times	WIC Breastfeeding	Peer Counselors Please call to confirm times and dates.											
			JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Dixie Health Center 7219 Dixie Highway	1st Wednesday 9:00 - 10:30am	Renee 502-744-1284 Call to register	8	5	5	2	7	4	2	6	3	1	5	3
Neighborhood Place South Central 4255 Hazelwood Drive	4th Monday 11:00am -12:30pm	Renee 502-744-1284 Call to register	27	24	24	28	27	23	28	25	22	27	24	22
Newburg Library 4800 Exeter Ave.	3rd Wednesday 11:30am-1:00pm	Andrea 502-432-2378 Call to register	15	19	19	16	21	18	16	20	17	15	19	17
L&N 908 W. Broadway	1st Wednesday 1:00pm - 2:30pm 3rd Thursday 1:00pm -2:30pm	Megan 502-439-5902 or Call to register Andrea 502-432-2378 Call to register	8	5	5	2	7	4	2	6	3	1	5	3
			16	20	20	17	15	19	17	21	18	16	20	18
Middletown Health Center 200 Juneau Drive	2nd Thursday 5:00 - 6:30pm	Lindsay 502-574-6511 Call to register	9	13	13	10	8	12	10	14	11	9	13	11
Fairdale Health Center 1000 Neighborhood Place	3rd Wednesday 10:00 - 11:30am	Renee 502-744-1284 Call to register	15	19	19	16	21	18	16	20	17	15	19	17
			JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC

MOTHER'S MILK CLUBS

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Iroquois Library 601 W. Woodlawn Ave. *different location on February 25th: see peer counselor for details. 10:30am-12:00	28	25*	25	22	27	24	22	26	23	28	25	23
Okolona Library 7709 Preston Highway • 10:30am -12:00	11	8	8	12	10	14	12	9	13	11	8	13

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



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.
- We have Mother to Mother support groups where you can meet other mothers and learn from their experiences. Crafts, gifts and snacks are available for a fun afternoon.

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.***

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



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

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LouisvilleWIC.org