



# WIC FREE INFANT FEEDING CLASSES 2016

Grandparents, Fathers, and Supporters are welcome!

Note: dates, locations and times are subject to change

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/Southwest Library 9725 Dixie Highway	2nd Monday 6:30 p.m. - 8:00 p.m.	Renee 502-938-8419 Call to register	11	8	14	11	9	13	11	8	12	10	14	12
Newburg Library 4800 Exeter Ave.	3rd Wednesday 11:30am-1:00pm	Megan 502-439-5902 Call to register	20	17	16	20	18	15	20	17	21	19	16	21
L&N 908 W. Broadway	1st Wednesday 11:30am - 1:00pm	Marquita 502-938-2209 Call to register	6	3	2	6	4	1	6	3	7	5	2	7
Shawnee Library 3912 W. Broadway	2nd Thursday 11:30 a.m. - 12:30 p.m.	Aletia 502-744-1242 Call to register	14	11	10	14	12	9	14	11	8	13	10	8
** Spanish Class Newburg Library 4800 Exeter Ave.	3rd Thursday 11:00 a.m. - 12:30 p.m.	Joan 502-855-1753 Call to register	21	18	17	21	19	16	21	18	15	20	17	15

## MOTHER'S MILK CLUBS

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Iroquois Library 601 W. Woodlawn Ave. 10:30am-12:00pm	26	23	22	26	24	28	26	23	27	25	22	27
Okolona Library 7709 Preston Highway 10:30am -12:00pm	9	13	12	9	14	11	9	13	10	8	12	10

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



Louisville Metro Public Health and Wellness  
400 East Gray Street  
Louisville KY, 40202  
Phone: 502-574-6676  
Fax: 502-574-5650



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity employer.

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