

Monday, June 3

- Latch with Love IBCLC and Peer Breastfeeding Support- June - 10:00am

Tuesday, June 18

- June 2024 Breastfeeding and Prenatal Class - 1:00pm

Thursday, June 20

- Sit and Get Fit Breast Cancer Survivorship Event - 1:00pm
- Breast Cancer Support Group - 2:30pm

Latch with Love IBCLC and Peer Breastfeeding Support- June

Time: 10:00am

The LCRH "Latch with Love" program offers free, drop-in, informal breastfeeding support, including professional lactation care. This provides breastfeeding families an opportunity for social connection as they navigate challenges and celebrate successes together.

June 2024 Breastfeeding and Prenatal Class

Time: 1:00pm

Part of the excitement and joy of pregnancy is delving into the new tasks you'll need to master when your baby arrives, including infant bathing, safety and wellness, breastfeeding and more! We love helping families welcome new babies with confidence through our breastfeeding and prenatal classes. All classes are hosted by Ashley Hoseclaw, MSN, RN, IBCLC Perinatal Educator and Lactation Consultant.

Breastfeeding class topics Include:

- How to prepare for breastfeeding
- Benefits of breastfeeding
- What to expect in the first 24 hours
- Breastfeeding basics
- Breast pumps and milk storage
- Kangaroo care

Prenatal topics Include:

- Getting ready for delivery
- True labor vs. False labor
- Discomforts of pregnancy
- Choices of pain management
- Vaginal or Cesarean delivery
- Understanding your hospital delivery
- Infant health, wellness and safety
- Basics of newborn care

Full class with both components takes about 3 hours.

Classes are free of charge. Please register in advance so we can save your spot!

For questions or more information, call 606.678.3176 or 606.678.3145 or visit us online at LakeCumberlandHospital.com/women-and-children.

Thank you for registering for our upcoming Breastfeeding and Prenatal Class. Having a baby is one of the most exciting and rewarding times in a woman's life and Lake Cumberland Regional Hospital is dedicated to providing expectant mothers and newborns with the finest care during this special time.

If you have questions or need to cancel your registration, please call 606.678.3176 or 606.678.3145.

We have a monthly time set aside for prenatal/breastfeeding classes. If these dates/times don't meet your needs, please reach out to our lactation consultant, Ashley, at ashley.hoseclaw@lpnt.net or 606-678-3176 to discuss alternatives.

Sit and Get Fit Breast Cancer Survivorship Event

Time: 1:00pm

Sit and Get Fit: Chair Yoga for Cancer Survivors

Join us for a rejuvenating session of chair yoga designed specifically for cancer survivors and caregivers. Led by certified yoga instructor Zoe Shepard, this gentle and low-impact yoga class offers a safe and supportive environment to keep active during or after cancer treatments.

Whether you're looking to improve flexibility, reduce stress, or simply enjoy some light exercise, Sit and Get Fit is the perfect opportunity to prioritize your well-being. Light refreshments will be served afterward, providing a chance for fellowship and connection.

Don't miss out on this chance to nourish your body and soul. Mark your calendars and join us for a revitalizing session of chair yoga!

Breast Cancer Support Group

Time: 2:30pm

Please join us for an open Breast Cancer Support Group Meeting.

Bring your support! Friends & family are welcome!

Join us as we share our resources and assist with barriers such as wigs, prosthetics, etc. Meet with other survivors, caregivers, and medical professionals.