

***Horizon Public Health
Breastfeeding Support Center***

Promoting & Supporting a Commitment to Mother's Milk for baby for the first four weeks & longer. Our Golden Start Team includes Public Health Nurses & WIC Dietitians with specified lactation training.

Services are available:

- At home
- By telephone
- At the Horizon Public Health Office

Horizon Public Health Programs

- Prenatal/Postpartum/Family Home Visits
- WIC: Women, Infants, & Children
- Infant Follow Along
- CTC: Child & Teen Check-up
- Early Childhood Screening
- Immunizations
- Health Promotion & Health Education
- School Health
- Environmental Health
- Long Term Care Consultation
- Medicare Certified Hospice Program



809 Elm Street, Suite 1200
Alexandria, MN 56308
320-763-6018
Office Hours: Monday-Friday
8:00 am – 4:30 pm

2017

Childbirth Class

Jodie Trill, RN
Horizon Public Health

Breastfeeding Class

Lindsey Buttweiler, RN, Lactation Consultant
Alexandria Clinic



Breastfeeding Class

Mothers & birth partners encouraged to attend during their third trimester

Cost: \$25 per couple

This class will cover the following topics:

- *Benefits of Breastfeeding*
- *How the Breast Works*
- *Basics of Learning to Breastfeed*
- *Supplies Needed to Succeed*
- *Returning to Work & Breastfeeding*

Class Dates:

Mondays - 5:30 – 7:30 pm

February 27 • April 24

June 26 • August 21

October 23 • December 18

Location: Douglas County Hospital
111 – 17th Ave. E, Alexandria, MN
Lower Level Conference Room



Childbirth Class

It is recommended that you attend childbirth classes in the third trimester of your pregnancy.

Cost: \$100 per couple

**Please bring 2 pillows and a blanket.

These sessions will cover the following areas of pregnancy, birth, and newborn care:

- *Labor and delivery*
- *Breathing & Relaxation*
- *Comfort Measures & Labor Support*
- *Interventions & Medications*
- *Tour of the Birthplace*
- *Postpartum & Baby Cares*
- *Car Seat Education*

Class Dates:

Saturdays - 8:30 am – 2:30 pm

February 4

April 1

June 3

August 5

October 7

December 2

Location: Douglas County Hospital
111 – 17th Ave. E, Alexandria, MN
Lower Level Conference Room

Pre-Register for Breastfeeding & Childbirth Classes Online at:

horizonpublichealth.org/classes



Please pre-register,
as class sizes are limited.

Payment is due upon arrival at class.
Checks can be made payable to:
Horizon Public Health

MA (Medical Assistance) & PrimeWest will
pay for classes if this is your only form of
insurance.

Receipts may be obtained to submit to
your private insurance.

No one will be refused because
of inability to pay.

Private classes are available for those
with specific needs.

Call Horizon Public Health at
320-763-6018 with questions
or for more information.