



# BREASTFEEDING WORKSHOP 母乳餵養講座

You are invited to NEMS' breastfeeding workshop. In this class, we will discuss the topics listed below:

東北醫療中心歡迎您參加我們的母乳餵養講座。講座主題包括：

## Topics include:

- Introduction to human breast milk
- American Academy of Pediatrics Recommendation
- Why breastfeeding is important?
- Can I breastfeed my baby?

## 主題包括：

- 介紹人奶
- 美國兒科學會的建議
- 為甚麼母乳餵養是如此的重要？
- 我可以用人奶餵我的寶寶嗎？

## Workshop Information 講座資料

**Date / 日期:** 1/17, 2/21, 3/21/2018 Wednesday 星期三

**Time / 時間:** 12:00pm - 1:00pm 正午12時至下午1時

**Language / 語言:** Cantonese, Mandarin 粵及國語

**Location / 地點:** Chinatown Clinic 三藩市華埠診所

(1520 Stockton Street, San Francisco, CA 94133)

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



a california *health* center

Contact Health Education 聯絡健康諮詢部：

(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG