



# 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:** 4/18, 6/20/2018 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)

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**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).



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