Horizon Public Health

Breastfeeding Support Center

Promoting and supporting a commitment to Mother's Milk for baby for the first four weeks and longer.

Our Breastfeeding Support Team includes Public Health Nurses and WIC Dieticians 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
⇒ C&TC: Child and Teen Checkups
⇒ Early Childhood Screening
⇒ Immunizations
⇒ Health Promotion & Health Education
⇒ 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 a.m. – 4:30 p.m.
www.horizonpublichealth.org

2020

Childbirth Class
Ashley Swenson, RN, BSN, PHN
Horizon Public Health

Breastfeeding Class
Lindsey Buttweiler, RN
Lactation Consultant
Breastfeeding Class
Mothers & birth partners are 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 and Breastfeeding

Class Dates:
Mondays
5:00 p.m. – 6:30 p.m.
February 24    April 27
June 22        August 24
October 26     December 21

Location:
Alomere Health
111 17th Avenue 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

These sessions will cover the following areas of pregnancy, birth and newborn care:
- Car Seat Education
- Labor and Delivery
- Breathing and Relaxation
- Comfort Measures and Labor Support
- Interventions and Medications
- Tour of the Birthplace
- Postpartum and Baby Care

Class Dates:
Mondays
12:00 p.m. – 6:00 p.m.
February 3    April 6
June 8       August 3
October 5    December 7
Lunch will be provided.

Location:
Alomere Health
111 17th Avenue E
Alexandria, MN
Lower Level Conference Room

Pre-register online
horizonpublichealth.org/services/children-and-young-families/childbirth-and-breastfeeding/

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) and PrimeWest will pay for classes if this is your only form of insurance.

Receipts may be obtained to submit to your private insurance.

Private classes are available for those with specific needs.

Call Horizon Public Health at 320.763.6018 for information or if you have questions.