

## Breastfeeding Classes and Support in Centre County

### Nature to Nurture Breastfeeding Solutions

Breastfeeding Basics class every other month at Mount Nittany Medical Center.

Pumping Basics class held every other month at Mount Nittany Medical Center.

\$25 per class, classes are from 6-8pm

Call 814-876-0217 or email [contact@naturetonurture.net](mailto:contact@naturetonurture.net) to register.

### Karen Foard. IBCLC

Breastfeeding class held the first Thursday of most months at Karen's home near State College from 7-9:30pm.

\$30 per class

Call 814-237-1506 or email [Karen@karenfoard.com](mailto:Karen@karenfoard.com) to register.

### Pennsylvania State University

Basics of Breastfeeding and Working and Breastfeeding classes are offered each month to PSU staff, faculty, students, and their spouses for a nominal fee.

Register at the website [breastfeeding@psu.edu](mailto:breastfeeding@psu.edu) or call 814-867-0776

### La Leche League of State College

This volunteer mother's group holds meetings twice a month at the Patton Township Municipal Building in State College. All breastfeeding mothers and mothers-to be are welcome, or call a La Leche League Leader for information.

A lending library and mother-to mother support are available.

Go to [www.lloeasternpa.org](http://www.lloeasternpa.org) for more information and phone numbers of Leaders.

### The Basics of Hand Expression

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

Office of Women's Health  
[www.womenshealth.org](http://www.womenshealth.org)

800-994-9662 - call to get  
free "Your Guide to Breastfeeding"  
Publication - or see online