

The Oklahoma Breastfeeding Resource Center  
invites you to take our FREE online lesson



Take this free, at your own pace online 1-hour lesson.  
Learn how to bond with and feed your baby.  
Great to take during pregnancy and after baby arrives!



**SCAN TO START THE LESSON!**

**What to Expect:**

- Use any smart device.
- Take this lesson as many times as you want.
- No teacher, no grades, just learning.
- This class is self-paced and you are in control.

