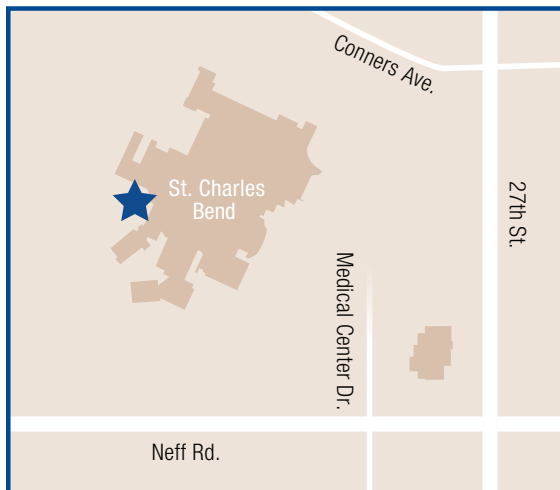




*mommy and me:*  
*breast feeding*  
*support group*

## TOPICS INCLUDE:

- Drop-in breastfeeding support group with certified lactation consultants
- Check your baby's weight and milk intake
- We encourage mothers to discuss issues related to breastfeeding, parenting and life with new babies
- Moms, babies and families are invited to come anytime during the two-hour time frame



## BEND: THURSDAYS 1-3 P.M.

ST. CHARLES HEART & LUNG CENTER CONFERENCE ROOM  
2500 NE NEFF  
(Use Heart & Lung Center entrance off the roundabout near the parking area.)

**541-706-4924**

### What to bring:

- Your own breastfeeding pillow
- Diaper bag
- A hungry baby if seeking assistance with latch
- Consider baby-wearing and leave your carseat in the car

For questions or more information call **541-706-4924**.



“Mommy & Me Breastfeeding Support Group”