Breastfeeding Mothers Group

Free weekly meetings give breastfeeding mothers the opportunity to learn from each other by sharing their experiences. You will benefit from the unique fellowship, support and encouragement that can only be given by other breastfeeding moms and you may even walk away with new ideas and breastfeeding techniques to try.

## Women's Pavilion

910 Adams St. Room 120 B Tuesdays 10 – 11:30 a.m.

Every 1st Saturday 10 – 11:30 a.m. No registration required.

For newborns and older. Siblings welcome.



For more information Breastfeeding Support Services at **(256) 265-7285.** 

A certified lactation consultant will also be available to answer questions and weigh your baby.