

BREASTFEEDING or Considering?



La Leche League of Mullica Hill offers:

- ☞ Monthly group meetings.
- ☞ Mother-to-mother support.
- ☞ 24-hour telephone help.
- ☞ Lending library with books on breastfeeding, childbirth, parenting and nutrition.
- ☞ Information Sheets with the latest news.
- ☞ ***New Beginnings***, a bimonthly magazine for parents.

Meets the **2nd Thursday** of each month at **10:00am**

at the Gloucester County Library in Mullica Hill.

For directions only call 223-6000 or visit the library website.

MEETING SCHEDULE 2009

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| Sept 10 | Labor Day! Birth and Nursing |
| Oct 08 | Tricks or Treats: Finding What Works |
| Nov 12 | What We're Thankful For: Overcoming Difficulties |
| Dec 10 | The Gift of Good Nutrition |

MEETING SCHEDULE 2010

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| Jan 14 | Warm Milk: Benefits of Breastfeeding |
| Feb 11 | Warm Feelings: Welcoming Baby |
| Mar 11 | Warm & Rest: Dealing with Difficulties |
| Apr 08 | Warm Meals: Family Nutrition |

LEADERS ARE AVAILABLE TO ANSWER BREASTFEEDING QUESTIONS

For more information call: 856-241-3997

*PHONE HELP IN **SPANISH** CALL 856-401-0610

Other groups in the area (call for locations): or visit www.lalecheleaguenj.com

Woodbury Group
1st Wed at 10:00am
262-4652 / 228-3655
853-1810 / 218-2474

Glassboro Group
3rd Thur. at 10:00am
358-4142 / 589-2710
863-1331 / 582-1308

Woodstown Group
3rd Tuesday 7pm
769-2478

Over 45 Years Experience Helping Thousands of Mothers Worldwide!