

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 **10:00 am**
at the GLOUCESTER COUNTY LIBRARY IN MULLICA HILL.
FOR DIRECTIONS ONLY CALL 223-6000 or visit the library website.

MEETING SCHEDULE 2010

May 13	Breastfeeding: The Healthy choice
Jun 10	Childbirth Choices and Breastfeeding
Jul 08	Keeping Healthy and Handling Difficulties
Aug 12	Starting Solids for a Healthy Eater
Sept 09	Labor Day! Birth and Nursing
Oct 14	Tricks or Treats: Finding What Works
*Nov 18	What We're Thankful For: Overcoming Difficulties *Note: 3 rd Thursday due to Library is closed for Veteran's Day
Dec 09	The Gift of Good Nutrition

LEADERS ARE AVAILABLE TO ANSWER BREASTFEEDING QUESTIONS

For more information call: 856-241-3997

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!