

FREE MLKCH MOMMY GROUP

Every Thursday

Breastfed Babies of All Ages Welcome!!



Topics Include:

Weight Checks for babies

Healthy Diet for Mom

Stages of Breastfeeding

Starting Solid Foods

Pumping Questions

Returning to Work/School and Breastfeeding

Where: MLK Community Hospital

Please Check in at Front Desk

* Light Refreshments Provided*

When: Every Thursday

10:00am-12:00pm

Questions: Lactation Department

(424) 338-8227



Martin Luther King, Jr.
Community Hospital