

VIRTUAL MOMMY SUPPORT

FREE!!

Every Tuesday & Thursday 10am-11am



Topics Include:

Infant Feeding Questions

Healthy Diet for Mom

Stages of Breastfeeding

Starting Solid Foods

Pumping Questions

Returning to Work/School and Breastfeeding

Link to Join: <https://us02web.zoom.us/j/82234146069>



Can't join but still have questions?

Email: lactation@mlkch.org

Call: (424) 338-8227



**Martin Luther King, Jr.
Community Hospital**