

FREE MLKCH MOMMY GROUP

Breastfed Babies of All Ages Welcome

1st and 3rd Thursday Every Month



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: 1st and 3rd Thursday Every Month

10:00am-11:30am

Questions: Lactation Department

(424) 338-8227



Martin Luther King, Jr.
Community Hospital