



## ATTENTION BREASTFEEDING MOTHERS

**Every Friday**

**10am-11:30am**

Classroom A2  
Shenandoah Community Health  
99 Tavern Road  
Martinsburg, WV 25401

*For more information, please contact:*  
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SCH's Breastfeeding Support Group offers FREE support and encouragement to new mothers. The program is facilitated by an International Board Certified Lactation Consultant.

Weekly topics include information on:

- Preparing to breastfeed (pregnant mothers welcome)
- Encouragement
- Latch
- Mastitis
- Weaning
- Sleep
- Returning to work
- Problem solving

No registration required, drop in any or every Friday!  
Do not have to be a SCH patient to attend.

Free baby weight checks also available.



To ensure privacy, this support group is exclusively for mothers and their breastfeeding babies only.