



ATTENTION BREASTFEEDING MOTHERS

Every Friday

10am-11:30am

Sandra Vickstrom Boardroom
Shenandoah Community Health
99 Tavern Road
Martinsburg, WV 25401

For more information, please contact:
Jane Squires, RN, IBCLC
304.263.4999 x 1021
jsquires@svms.net

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.