



ATTENTION BREASTFEEDING MOTHERS

Every Friday

10am-11:30am

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

From main entrance, come into lobby
and turn right. Board room is the first
room on the right.

For more information, please call:
Jane Squires, RN, IBCLC
304.283.4680

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.