



# Breastfeeding Mother's Group

*in the Women's &  
Children's Classroom*

**Meets the  
third Monday  
of every  
month from  
11am- 12pm**

For any breastfeeding mother as well as expectant mothers. This group will meet to discuss the joys and challenges of breastfeeding. The American Academy of Pediatrics recommends exclusive breastfeeding for a minimum of 1 year but moms are often lacking the support they need to be successful at this. Come and share in great conversations with other breastfeeding mothers. Lactation Specialists will also attend each group session. This will be facilitated by the Women's & Children's Center at Marquette General.

To register, call the Women's & Children's Center at **225-3081**. You may also visit our website for up to date information and other breastfeeding resources.

MARQUETTE GENERAL  
**M** **W** **C** **WOMEN'S &  
CHILDREN'S CENTER**

[www.mgh.org](http://www.mgh.org)