

# Let's Talk...

## MOTHER *to* MOTHER

### **MOTHERS KNOW BEST.**

*And who better to help you address the challenges of breastfeeding than other new moms!*

The **MOTHER-TO-MOTHER SUPPORT GROUP** at OCH Regional Medical Center is designed to support expectant, breastfeeding and new mothers as they care for the new addition to their families. This support group, which is led by a board certified lactation consultant and perinatal educator, will be held on the second Tuesday of each month from 5:30 until 6:30 p.m. in the OCH Community Room. Mothers will have the chance to speak with professionals on the topics of working while breastfeeding, family nutrition, finding the best daycare, car seat safety and much more.



*at OCH Regional*

*Join us!*

<b>January 9</b>	<b>May 8</b>	<b>September 11</b>
<b>February 13</b>	<b>June 12</b>	<b>October 9</b>
<b>March 13</b>	<b>July 10</b>	<b>November 13</b>
<b>April 10</b>	<b>August 14</b>	<b>December 11</b>

**5:30-6:30 p.m.**

*Refreshments • Siblings Welcomed*

Call **(662) 615-3364** for more information.