



Breastfeeding Support

Informal • Free • Weekly

The First 5 Welcome Baby! Program offers support, encouragement, and current information about all aspects of breastfeeding.

If you are:

- *Pregnant and interested in breastfeeding*
- *Having any difficulties breastfeeding*
- *Have questions about anything to do with breastfeeding*
- *Would like to chat with other breastfeeding mothers*

We have a lot of information and resources to share!

Starts July 3, 2015

Every Friday, 1:00 - 2:00 p.m.

Chapel Room, Mammoth Hospital

(1st door to the right of the Labor & Delivery door)

For more details please contact:

Debbie Riffel, CLEC at 760-914-1431