

VIRTUAL MOMMY SUPPORT

FREE!!

Tuesdays and Thursdays 11am-12pm



Topics Include:

Infant Feeding Questions

Healthy Diet for Mom

Stages of Breastfeeding

Starting Solid Foods

Pumping Questions

Returning to Work/School and Breastfeeding

Link to Join: <https://zoom.us/j/7595392007>

When: Every Tuesday and Thursday

11:00am-12:00pm

Can't participate but still have questions?

Email: lactation@mlkch.org

Call: (424) 338-8227



**Martin Luther King, Jr.
Community Hospital**