



# LATCH ON FOR SUCCESS

## JOIN OUR BREASTFEEDING SUPPORT GROUP

Have questions about breastfeeding your baby? Get help at our drop-in support group held twice a month. Come and meet other mothers, weigh your baby, get a quick check of how your baby is latching, and discuss other topics related to the care of your newborn.

The group is led by an international board certified lactation consultant and is ideal for mothers looking for support but not necessarily needing a one-on-one consultation.

### **DATES AND TIMES:**

The first Wednesday of every month, 10 to 11:30 a.m.

The third Wednesday of every month, 1 to 2:30 p.m.

### **LOCATION:**

Interstate Medical Office East  
Lower Level Conference Room  
3550 N. Interstate Ave.  
Portland, OR 97227

**No cost to attend or preregistration required.** For more information, please call **360-619-4229**.

