



# MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>To Contact a Breastfeeding Peer Counselor near you:</b>  <b>Counselor:</b> (443) 262-4423, press 2 for the BFPC line  <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 Ext: 4510 (BFPC Coordinator)  <b>Upper Shore WIC Program:</b> Q.A.'s (443)262-4423 Kent (410) 810-0125</p>		<p><b>Services:- Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 Ext: 4510  <b>La Leche League (LLL)-Please refer to website for more information:</b> <a href="http://www.lllofmd-de-dc.org/">http://www.lllofmd-de-dc.org/</a></p>				
1	2	<p><b>3</b>  <b>UM Shore Regional Health - Easton</b>            10-11:30- Breastfeeding support group            -410-822-1000 ext:5200            -FREE</p>	<p><b>4</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	5	<p><b>6</b>  <b>Anne Arundel Medical Center</b>            -7pm – Back to work and Breastfeeding Support Group            -(443)481-6122            -FREE</p>	7
8	9	10	<p><b>11</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	<p><b>12</b>  <b>Anne Arundel Medical Center</b>            -9am – Breastfeeding support group            -(443)481-6122            -FREE</p>	13	14
15	16	<p><b>17</b>  <b>UM Shore Regional Health - Easton</b>            10-11:30- Breastfeeding support group            -410-822-1000 ext:5200            -FREE</p>	<p><b>18</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	19	20	21
22/29	23/30	24	<p><b>25</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	<p><b>26</b>  <b>Anne Arundel Medical Center</b>            -9am – Breastfeeding support group            -(443)481-6122            -FREE</p>	27	28



# APRIL 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>To Contact a Breastfeeding Peer Counselor near you:</b> Counselor: (443) 262-4423, press 2 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125			La Leche League (LLL)-Please refer to website for more information: <a href="http://www.lllofmd-de-dc.org/">http://www.lllofmd-de-dc.org/</a>	<b>Services:- Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510			
			<b>1</b> <b>Union Hospital – Elkton</b> -10-11:30am– Lactation Club -(443)245-7305 -FREE	<b>2</b>	<b>3</b> <b>Anne Arundel Medical Center</b> -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	<b>4</b>	
<b>5</b>	<b>6</b>	<b>7</b> <b>UM Shore Regional Health - Easton</b> 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	<b>8</b> <b>Union Hospital – Elkton</b> -10-11:30am– Lactation Club -(443)245-7305 -FREE	<b>9</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6122 -FREE	<b>10</b>	<b>11</b> <b>UM Shore Regional Health - Easton</b> -9-12:15- Breastfeeding class -410-822-1000 ext:5200 -FREE	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <b>Union Hospital – Elkton</b> -10-11:30am– Lactation Club -(443)245-7305 -FREE	<b>16</b>	<b>17</b>	<b>18</b>	
<b>19</b>	<b>20</b>	<b>21</b> <b>UM Shore Regional Health - Easton</b> 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	<b>22</b> <b>Union Hospital – Elkton</b> -10-11:30am– Lactation Club -(443)245-7305 -FREE	<b>23</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6122 -FREE	<b>24</b>	<b>25</b>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <b>Union Hospital – Elkton</b> -10-11:30am– Lactation Club -(443)245-7305	<b>30</b>			

-FREE



# MAY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>To Contact a Breastfeeding Peer Counselor near you:</b>  <b>Counselor:</b> (443) 262-4423, press 2 for the BFPC line  <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 ext: 4510 (BFPC Coordinator)  <b>Upper Shore WIC Program:</b> Q.A.'s (443)262-4423 Kent (410) 810-0125</p>		<p>La Leche League (LLL)-Please refer to website for more information:  <a href="http://www.llofmd-de-dc.org/">http://www.llofmd-de-dc.org/</a></p>	<p><b>Services:- Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510</p>			
					<p><b>1</b>  <b>Anne Arundel Medical Center</b>            -7pm – Back to work and Breastfeeding Support Group            -(443)481-6122            -FREE</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b>  <b>UM Shore Regional Health - Easton</b>            10-11:30- Breastfeeding support group            -410-822-1000 ext:5200            -FREE</p>	<p><b>6</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	<p><b>14</b>  <b>Anne Arundel Medical Center</b>            -9am – Breastfeeding support group            -(443)481-6122            -FREE</p>	<p><b>15</b></p>	<p><b>16</b>  <b>UM Shore Regional Health - Easton</b>            -9-12:15- Breastfeeding class            -410-822-1000 ext:5200            -FREE</p>
<p>17</p>	<p>18</p>	<p><b>19</b>  <b>UM Shore Regional Health - Easton</b>            10-11:30- Breastfeeding support group            -410-822-1000 ext:5200            -FREE</p>	<p><b>20</b>  <b>Union Hospital – Elkton</b>            -10-11:30am– Lactation Club            -(443)245-7305            -FREE</p>	<p>21</p>	<p>22</p>	<p>23</p>

24/31	25 <b>Memorial Day</b>	26	<b>27 Union Hospital – Elkton</b> -10-11:30am– Lactation Club -(443)245-7305 -FREE	28 <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6122 -FREE	29	30
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