



MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>La Leche League of Southern Maryland Free breastfeeding mom-to-mom help llofsomd@gmail.com Call/Text: 301-684-8235 Free breastfeeding support group meetings llofsomd.weebly.com (Southern Maryland) To Contact a Breastfeeding Specialist near you: Breastfeeding Coordinator: Susan Simpson, BSN, RN: (301)475-4362 Peer Counselor: Rae Mapson@301-609-6850</p>			<p>Hospitals Calvert Memorial: (410)535-4000 Charles Regional Medical Center: (301)609-4000 Medstar St. Mary's: (301)475-8981 Southern Maryland: (301)868-8000</p> <p>Legend: BFSG- Breastfeeding Support Group</p>			
1	2	3	<p>4 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414</p>	5	<p>6 BFSG-10:30-12pm at the Leonardtown Library</p>	7
8	<p>9 BFSG-10:30 am-12:00 pm at the Harriet Elizabeth Brown Community Center,901 Dares Beach Road, Prince Frederick, MD 20678</p>	10	<p>11 SG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414</p>	12	13	14
15	16	17	<p>18 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414</p>	<p>19 BFSG-5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653</p>	20	21
22/29	23/30	24/31	25	26	27	28



APRIL 2020



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			1	2	3 BFSG-10:30-12pm at the Leonardtown Library	4
5	6	7	8 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	9	10	11
12	13	14	15 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	16 BFSG-5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	17	18
19	20	21	22 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	23	24	25
26	27	28	29 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	30		

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MAY 2020

Maryland **WIC**
Better Nutrition Brighter Future

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<p><u>Legend:</u> BFSG- Breastfeeding Support Group</p>					1	2
3	4	5	6 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	7	8 BFSG-10:30-12pm at the Leonardtown Library	9
10	11	12	13 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	14	15	16
17	18	19	20 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	21 BFSG-5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	22	23
24/31	25 Memorial Day	26	27 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	28	29	30

