



DECEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group Call: 240.964.6400 for date, time and location			1
2	3	4	5	6	7	8
9	10	11 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25 Christmas Day	26	27	28	29



JANUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group Call: 240.964.6400 for date, time and location			
		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	30	31		



FEBRUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Western Maryland Health Systems (WMHS) Monthly BF Support Group Call: 240.964.6400 for date, time and location			1	2
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 President's Day	19	20	21	22	23
24	25	26 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	27	28		