



DECEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	To Contact a Breastfeeding Peer Counselor near you: Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25 Christmas Day	26	27	28	29



JANUARY 2019



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		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-822-1000, ext. 5231 or 410-228-5511, ext.5231
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31		



FEBRUARY 2019



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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Presidents' Day	19	20	21	22	23
24	25	26	27	28		

