



# DECEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> 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.			<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	<b>To Contact a Breastfeeding Peer Counselor near you:</b> Mara: (410) 829-8655 [Spanish] Karen: (410) 829-9210 (Lactation Consultant)		
1	2	3 <b>Breastfeeding Support Group</b> <b>UM Shore Medical Center at Easton. Fifth floor meeting room</b> <b>10am-11:30am</b> <b>To reserve your space: call 410-822-1000, ext 5200 or 410-228-5511, ext 5200</b>	4	5	6	7
8	9	10	11	12	13	14
15	16	17 <b>Breastfeeding Support Group</b> <b>UM Shore Medical Center at Easton. Fifth floor meeting room</b> <b>10am-11:30am</b> <b>To reserve your space: call 410-822-1000, ext 5200 or 410-228-5511, ext 5200</b>	18	19	20	21
22/29	23/30	24/31	25 <b>Holiday</b>	26	27	28



# JANUARY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Mid-Shore Services:</b>            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 &amp; 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.</p>		<p><b>To Contact a Breastfeeding Peer Counselor near you:</b>            Mara: (410) 829-8655 [Spanish]            Karen: (410) 829-9210 (Lactation Consultant)</p>	<p><b>Mid-Shore WIC Program:</b> (410) 479-8060 or            1-866-551-2139 (Maryland toll free)</p>			
			1 <b>Holiday</b>	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <b>Holiday</b>	21	22	23	24	25
26	27	28	29	30	31	



# FEBRUARY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> 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.				<b>To Contact a Breastfeeding Peer Counselor near you:</b> Mara: (410) 829-8655 [Spanish] Karen: (410) 829-9210 (Lactation Consultant) <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)		
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Holiday	18	19	20	21	22
23	24	25	26	27	28	29