



DECEMBER 2019



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] Karen: (410) 829-9210 (Lactation Consultant)		
1	2	3 Breastfeeding Support Group UM Shore Medical Center at Easton. Fifth floor meeting room 10am-11:30am To reserve your space: call 410-822-1000, ext 5200 or 410-228-5511, ext 5200	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Breastfeeding Support Group UM Shore Medical Center at Easton. Fifth floor meeting room 10am-11:30am To reserve your space: call 410-822-1000, ext 5200 or 410-228-5511, ext 5200	18	19	20	21
22/29	23/30	24/31	25 Holiday	26	27	28



JANUARY 2020



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			1 Holiday	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Holiday	21	22	23	24	25
26	27	28	29	30	31	



FEBRUARY 2020



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						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