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HERITAGE VALLEY  
HEALTH SYSTEM

# Heritage Valley Beaver Breastfeeding Mothers Group

**What:** Moms coming together to promote and support breastfeeding. If you are having some issues, come get help. If you are doing fantastic, come inspire others!

**Where:** Family waiting room/Level 0/Maternity Unit

**Why:** Get ideas from other moms, meet new friends and let us help you meet your breastfeeding goals.

**When:** Evening group meets 2nd Wednesday of each month at 6:30PM. Morning group meets 4th Wednesday of each month at 10:00AM.

Group will be led by a board certified Lactation Consultant. All pregnant and breastfeeding women are welcome. A light snack will be provided.

**For more information please call  
Liz at 724-773-4797**

