



# Lactation CONNECTION

BREASTFEEDING AND LACTATION SUPPORT

## WHAT CAN I EXPECT?

- Discussion on topics surrounding lactation and feeding your baby.
- Support from other mother's, breastfeeding professionals and public health nurses.
- Connect! To other mothers and to resources within the community.
- Scale available to weigh your baby.

Get professional guidance and support for your lactation journey.

We will not be meeting on holidays, or if Elk River Schools are closed or virtual due to weather.

## WHEN

EVERY THURSDAY  
10:00am-12:00pm  
(come anytime!)

NOT MEETING: 11/26, 12/24

## WHERE

MAINSTREET  
FAMILY RESOURCE CENTER  
400 Jackson Ave NW, Elk River  
Room 207

## CONTACT



Public Health  
Prevent. Promote. Protect.

763-765-4000  
Sherburne County Public  
Health Department

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