



**MILK**



We are here  
to support you!

CentraCare – Monticello’s free, drop-in MILK group is an encouraging and welcoming opportunity for breastfeeding, pumping and supplementing moms to talk with certified lactation consultants, measure pre and post-feed weights for their baby, learn about available resources, and network with other moms. We are here for you – to answer questions, offer advice and support your feeding choices.

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Stop by anytime between 4:30 and 6:30 p.m. the second and fourth Thursday at Eastview Education Center’s Media Room, 9375 Fenning Ave, Monticello, MN.

Call 763-271-2218 for more information.

 **CentraCare**<sup>™</sup>  
Monticello