

# Black Mothers' Breastfeeding Club™



Join us for **FREE** mother-led breastfeeding support groups held monthly.

Share your experiences and learn from other mothers in a welcoming and supportive community setting. Pregnant and breastfeeding mothers will enjoy fellowship, sisterhood and breastfeeding support.

Mothers are encouraged to bring their babies and older children, as well as their supportive partners. Free meals will be provided!

**Tuesdays**

- April 28
- May 19
- June 30

**11 a.m. – 1 p.m.**

White Oak Community  
Recreation Center  
1700 April Lane  
Silver Spring, MD

To register, call 800-542-5096  
or visit [www.AdventistHealthCare.com/Calendar](http://www.AdventistHealthCare.com/Calendar)

