



happy mothers
breast-fed babies

La Leche League

Hayward 2009

Kaiser Hayward 27400 Hesperian Blvd. Room C2

Gathering Time: 7p-7:30p
Meeting Time: 7:30p-9p

La Leche League Offers

Breastfeeding Information ▲ Discussions ▲ Mother-to-Mother Support
Problem Solving

Series Meeting Dates:

	Topic #
8 January	1
12 February	2
12 March	3
9 April	4
14 May	1
11 June	2
9 July	3
13 August	4
10 September	1
8 October	2
12 November	3
10 December	4

Pregnant? Nursing? Just interested? La Leche League is an international, non-sectarian, non-profit organization dedicated to providing information, support, encouragement and education to women who want to breastfeed. We invite you to attend meetings anytime. Our meetings are informal, and, of course, babies are always welcome!

The Hayward La Leche League Leaders are accredited and eager to help you find solutions to any breastfeeding problems you may be facing. Free telephone help is available. Please don't hesitate to call or write.

Paula – (925) 933-5002
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Dianne – (510) 713-9391
Robndiane@sbcglobal.net

JoAnna –

Series Meeting Topics:

- Breastfeeding: The Healthy Choice (Topic 1)
- Your Baby's Birth and Getting Started (Topic 2)
- Challenges, Adjustments, Needs (Topic 3)
- Nutrition and Weaning (Topic 4)

Because You Care:

We hope that you'll consider joining La Leche League. Your annual Dues of \$40 bring you six bi-monthly issues of *New Beginnings*, a magazine filled with practical tips, information and personal stories from breastfeeding families. Members receive our La Leche League International Catalogs by mail and are entitled to a 10\$ discount on purchases. Your donations support your local chapter to provide support, pamphlets and other services, as well as enabling La Leche League International to help mothers in 66 countries around the world.

Membership \$40

Donation _____