

# *La Leche League of Yuma*

## *Meeting Schedule 2010*

*La Leche League offers: mother-to-mother support; Leaders accredited by La Leche League International; a lending library with books on breastfeeding, childbirth, parenting, and nutrition; the latest breastfeeding information; and phone help any time.*

*For **breastfeeding help** and/or **meeting information** call **A.J.** at **783-2829** or **Karen** at **783-0048**.*

*Please join us the **third Thursday** of each month at **7:00 PM**. Our meetings are held in the **Yuma Regional Corporate Center** at **399 W. 32<sup>nd</sup> St.***

<i>January 21</i>	<i>The Advantages of Breastfeeding</i>
<i>February 18</i>	<i>The Family and the Breastfed Baby</i>
<i>March 18</i>	<i>Common Breastfeeding Concerns</i>
<i>April 15</i>	<i>Nutrition and Weaning</i>
<i>May 20</i>	<i>Why Breastfeed?</i>
<i>June 17</i>	<i>Getting Off to a Good Start</i>
<i>July 15</i>	<i>Avoiding Breastfeeding Difficulties</i>
<i>August 19</i>	<i>Baby's Changing Needs</i>
<i>September 16</i>	<i>The Benefits of Human Milk</i>
<i>October 21</i>	<i>At Home with Your New Baby</i>
<i>November 18</i>	<i>Breastfeeding Questions</i>
<i>December 16</i>	<i>Improving Family Nutrition</i>

*La Leche League is an international, non-profit, non-sectarian organization dedicated to providing information, support, encouragement, and education to women who want to breastfeed. Any woman interested in breastfeeding is welcome to attend our meetings. Babies and non-separating toddlers are welcome as well.*