

# Triad Nursing Moms

Come and share your experiences with other women who value the benefits of breastfeeding.

Meets the 3<sup>rd</sup> Thursday of every month  
from 6:00 PM to 7:00 PM  
on the 3<sup>rd</sup> floor of the Premier Medical Plaza Building  
4515 Premier Drive (corner of Wendover Ave.)

Led by a Certified Lactation Consultant  
Admission is FREE

At each meeting, we will:

- Discuss a topic like nursing in public, breastfeeding challenges, continuing nursing while going back to work, etc.
- Have an open question and answer session
  - Enjoy refreshments

Triad Nursing Moms

is sponsored by the

**Mother**  **Baby Foundation**

For more info, call 336.812.3937 or visit us at [www.motherbabyfoundation.org](http://www.motherbabyfoundation.org)