



# SEPTEMBER 2015



| Sunday  | Monday | Tuesday  | Wednesday   | Thursday | Friday | Saturday |
|---|--------|--|---|----------|--------|----------|
| Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule.<br>(Allegany County) | 1      | 2  | 3   | 4        | 5      |          |
| 6   | 7      | 8  | 9   | 10       | 11     | 12       |
| 13  | 14     | 15   | 16<br>BF Support Group offered by Western Maryland Health System. 1-3 PM<br>Call 240-964-6400 for location. | 17       | 18     | 19       |
| 20  | 21     | 22   | 23<br>BF Support Group offered by Western Maryland Health System. 6-8 PM<br>Call 240-964-6400 for location. | 24       | 25     | 26       |
| 27  | 28     | 29<br>Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call (240) 964-6400 (classes free of charge) | 30  |          |        |          |



# OCTOBER 2015



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| <b>Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)</b> |        |   |           | 1  | 2      | 3        |
| 4   | 5      | 6   | 7         | <b>8</b><br>BF Support Group offered by Western Maryland Health System. 1-3 PM<br>Call 240-964-6400 for location.  | 9      | 10       |
| 11  | 12     | 13  | 14        | <b>15</b><br>BF Support Group offered by Western Maryland Health System. 6-8 PM<br>Call 240-964-6400 for location. | 16     | 17       |
| 18  | 19     | 20  | 21        | 22   | 23     | 24       |
| 25  | 26     | <b>27</b><br>Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call | 28        | 29   | 30     | 31       |



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| 15  | 16     | 17   | 18<br>BF Support Group offered by Western Maryland Health System. 6-8 PM<br>Call 240-964-6400 for location. | 19       | 20     | 21       |
| 22/29   | 23/30  | 24<br>Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call (240) 964-6400 (classes free of charge) | 25  | 26       | 27     | 28       |