



MARCH 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule</p> <p>To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510</p>		1	2 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	3 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	4	5
6	7 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	8	9 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	10 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	11	12
13	14 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	15	16 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	17 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	18	19
20	21 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	22	23 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	24 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	25	26
27	28 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	29	30	31	<p>Services: Howard County</p> <ul style="list-style-type: none"> • Peer Counselor support • Group BF Classes • Individual BF Classes • Electric pump demo • Loaner Electric Pumps for moms returning to school/work • Returning to work/school BF classes 	



APRIL 2016



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3	4 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	5	6 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	7 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	8	9
10	11 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	12	13 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	14 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	15	16
17	18 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	19	20 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	21 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	22	23
24	25 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	26	27 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	28 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	29	30



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22	23 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	23	24 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	25 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	26	27
29	30 Memorial Day	31				