



DECEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 BF Support Group Allegany County Health Department- 1:00-2:30PM Call (301)759-5022 to register. Free weight check for baby, information; meet other mothers and babies	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call (240) 964-6400 (classes free of charge	31	For breastfeeding information and assistance, call (301) 759-5020 and ask for Breastfeeding Specialist. (Allegany)		Breastfeeding Services: Prenatal Breastfeeding classes Breastfeeding Support group Call the WIC Office at 301-759- 5020



JANUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For breastfeeding information and assistance, call (301) 759-5020 and ask for Breastfeeding Specialist. (Allegheny)				1	2	3
4	5	6	7	8	9	10
11	12	13	14 BF Support Group offered by Western Maryland Health System. 1-3 PM Call 240-964-6400 for location.	15	16	17
18	19	20	21 BF Support Group offered by Western Maryland Health System. 6-8 PM Call 240-964-6400 for location.	22	23	24
25	26	27 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call	28	29	30	31



FEBRUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For breastfeeding information and assistance, call (301) 759-5020 and ask for Breastfeeding Specialist. (Allegany)</p>						
1	2	3	4	5	6	7
				<p>BF Support Group offered by Western Maryland Health System. 1-3 PM Call 240-964-6400 for location.</p>		
8	9	10	11	12	13	14
				<p>BF Support Group offered by Western Maryland Health System. 6-8 PM Call 240-964-6400 for location.</p>		
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		<p>Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm, to register call (240) 964-6400 (classes free of charge)</p>				