



# DECEMBER



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



# JANUARY



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	8	9	10	11	12
13	<p>14 BF Support Group(Free) Allegany County Health Department 1:00-2:30 pm Free weight checks for baby, information for mom; meet other moms and babies</p>	15	16	17	18	19
20	21	<p>22 Breastfeeding Class at Western Maryland Health System-Auditorium-6:00 pm – 9:00 pm Call WMHS at 240-964-6400 to register</p>	23	24	25	26
27	28	29	30	31	<p><b>Breastfeeding Services:</b> Prenatal Breastfeeding classes Breastfeeding Support group Call WIC Office at 301-759-5020</p>	



# FEBRUARY



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	8	9
10	<p>11 BF Support Group(Free) Allegany County Health Department 1:00-2:30 pm Free weight checks for baby, information for mom; meet other moms and babies</p>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	<p>26 Breastfeeding Class at Western Maryland Health System-Auditorium-6:00 pm – 9:00 pm Call WMHS at 240-964- 6400 to register</p>	27	28	<p><b>Breastfeeding Services: Prenatal Breastfeeding classes Breastfeeding Support group Call WIC Office at 301-759-5020</b></p>	