



# MARCH



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



# APRIL



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1 Howard County	2 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	3 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am	4	5 Breastfeeding Club/Support Group@ 11:00 am at the Columbia Clinic Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 1:00 pm	6	7
8	9 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	10	11	12 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am.	13	14
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22	23 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	24	25	26 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am.	27	28
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# MAY



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<b>27</b>	<b>28 (closed)</b>	<b>29</b>	<b>30</b>	<b>31</b> Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am.	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule.	

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