

FLORIDA DEPARTMENT OF HEALTH IN CITRUS COUNTY

# *The Lactation Club*

New, expectant, and experienced moms welcome! Bring your families to share and learn in a friendly supportive environment.

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Topics discussed will be guided by the group but could include:

**WHAT TO EXPECT AS A NEW PARENT**  
**NAVIGATING A NEW BABY AND SIBLINGS**  
**BENEFITS OF BREASTFEEDING**  
**BABY'S FIRST YEAR**  
**INCREASING YOUR MILK SUPPLY**



# Breastfeeding is 90% determination and 10% milk production.



Starting April 12th, 9:30-11am  
Every 2nd Friday from 9:30-11am  
Every 3rd Tuesday from 5-7pm



130 N. Montgomery Ave., Inverness, FL



[www.citrus.floridahealth.gov](http://www.citrus.floridahealth.gov)



03/2019