

# BREASTFEEDING GROUP

*Penn Highlands Elk*

## Are you a breastfeeding mom?

Are you pregnant and interested in breastfeeding?

Do you have questions about breastfeeding?

Want to meet other moms?

Penn Highlands Elk is offering **Breastfeeding Education Group** for all moms that are breastfeeding or have in the past. It is open to all moms and babies who would like to meet and discuss the positives and challenges of breastfeeding. The goal is to provide support, tips and answers to your questions.

Join us as **Katie Pletcher, RN, BSN, CLC**, certified lactation counselor at **The Maternal and Child Center, Penn Highlands Elk** covers one topic at each meeting and participants have an opportunity to ask questions, share experiences, and meet other mothers. Children are welcome to attend.



### Meeting information:

10:00 AM - 11:00 AM

Second and Fourth Tuesday of every month

Community Education Center  
4 Erie Avenue, Saint Marys, PA

### For more information:

814-788-8558

[kepletcher@phhealthcare.org](mailto:kepletcher@phhealthcare.org)

All events are also listed on our website by visiting [www.phhealthcare.org](http://www.phhealthcare.org).