



# Questions about BREASTFEEDING?

## *La Leche League offers:*

- Mother-to-mother support
- Leaders accredited by La Leche League International
- Latest breastfeeding information
- Free 24-hour telephone help (*All breastfeeding questions welcome! Call any Leader listed below.*)
- Lending library with books on breastfeeding, childbirth, parenting and nutrition

## *Our meetings are:*

- Free
- Open to any questions
- Open to all pregnant women, mothers, babies and children
- A great opportunity to meet other breastfeeding moms

Text or talk to a Columbia MO Leader:  
573-340-6555

Email a Columbia MO Leader:  
LLLcolumbiaMO@gmail.com



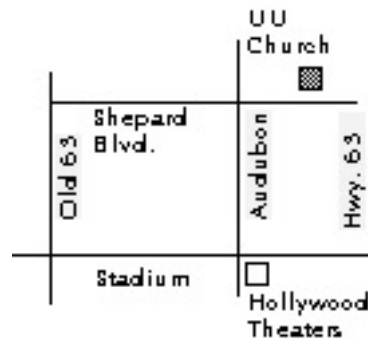
Find us on Facebook as  
Columbia MO La Leche League

On Messenger:  
@LaLecheLeagueofColumbiaMO

## Columbia Meetings:

meets the 3rd Tuesday of each month at 7 p.m.

January 21, 2020  
February 18, 2020  
March 17, 2020  
April 21, 2020  
May 19, 2020  
June 16, 2020  
July 21, 2020  
August 18, 2020  
September 15, 2020  
October 20, 2020  
November 17, 2020  
December 15, 2020



## **Meeting location:**

Unitarian Universalist Church  
2615 Shepard Blvd.