

# Mercy Iowa City

## Breastfeeding and More Group

This is a free weekly group for mothers who are breastfeeding. The group meets on most Thursdays from noon to 2 p.m.

During the first hour an International Board Certified Lactation Consultant (IBCLC) will be present to assist new parents with common breastfeeding concerns. The second hour will be a sharing time for new mothers, and the IBCLC will not be present.

The group meets in the McAuley Room, Mercy Medical Plaza (lower level), 540 East Jefferson Street.

\* indicates group meets in Scanlon Room.

For further information call the Mercy IBCLCs at 319-339-3975 or 1-800-MERCY IC ext. 3975.

### **2019 schedule:**

January 3, 10, 17, 24 (no group January 31)

February 7, 14, 21, 28

March 7, 14, 28 (no group the March 21)

April \*4, 11, 18, 25

May 2, \*9, 23, 30 (no group May 16)

June 6, 13, 20, 27

July 11, 18, 25 (no group on July 4)

August 1, 8, 15, 22, 29

September 5, 12, 19, 26

October 3, 10, 17, 24, 31

November 7, 14, 21 (no group November 28)

December \*5, 12, 19, 26



An affiliate of Mercy Health Network