



Bosom Buddies

Breastfeeding Celebration Group

Join us for an evening of learning and sharing in a relaxed, caring environment.

Bring your questions, stories and learn about:

How much milk is enough milk? | What about siblings?
What happened to that thing called sleep?
What about going back to work?
Pumping? Teething? Travel?

Led by Board Certified Lactation Consultants.
Babies & Pregnant Moms always welcome!
Yummy snacks!

Meets the first Monday of Every Month
5:30-7pm at CVMC



THE
University of Vermont
HEALTH NETWORK
Central Vermont Medical Center

THE CENTER FOR
BREASTFEEDING

Breastfeeding is natural, but its not automatic