



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 Evening Meetings:

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

March 19, 2019

April 16, 2019

May 21, 2019

June 18, 2019

July 16, 2019

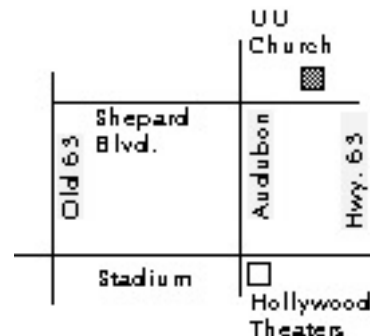
August 20, 2019

September 17, 2019

October 15, 2019

November 19, 2019

December 17, 2019



Also join us for:

Live, Love, Latch

August 3, 2019

Shepard Park Shelter

9:30 to 11:30 a.m.

Meeting location:

Unitarian Universalist Church
2615 Shepard Blvd.