



# La Leche League of Hendry County

**Are you pregnant or breastfeeding your baby?  
Join us for free monthly online meetings.**

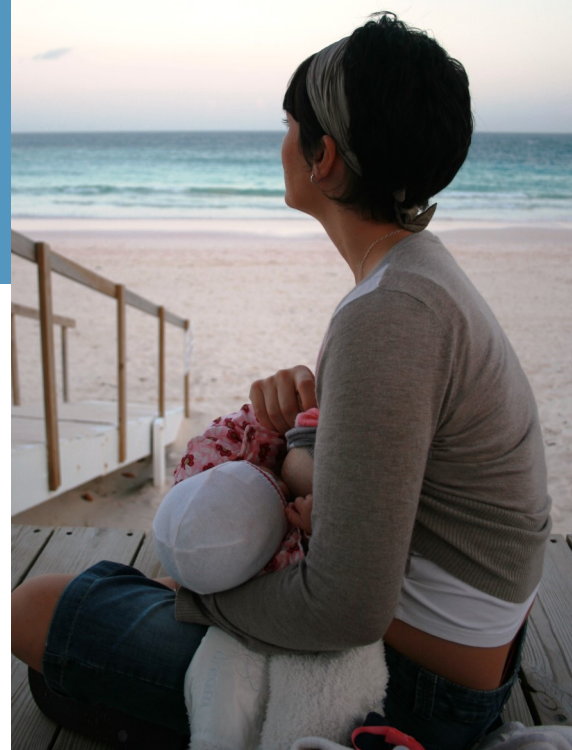
**2020/2021 Online Series Meetings  
Second Tuesday of the month from 7-8pm**

**November 10-** The Importance and Value of Breastfeeding

**December 8-** Breastfeeding in the Early Days  
and Family Dynamics

**January 12-** Breastfeeding Basics and Avoiding/Overcoming Difficulties

**February 9-** Nutrition, Starting Solid Foods, and Weaning



*La Leche League Leaders are experienced breastfeeding mothers, accredited by La Leche League International. We are familiar with the latest breastfeeding research and are trained to answer questions or concerns about nursing. We are volunteers who provide free counseling every day by telephone or email.*

Phone: Maria 863-612-6264

Email: [Maria.LLLHendryCounty@gmail.com](mailto:Maria.LLLHendryCounty@gmail.com)

<http://llflorida.com/lalecheleague/>

**Breastfeeding is healthiest  
for baby and mother,  
environmentally sound,  
convenient and free.**

Breastfeeding is a simple and natural process, but you may need support with correctly positioning your baby, returning to work, avoiding problems and overcoming difficulties. Our meetings offer mother-to-mother sharing and accurate, up-to-date information.

