



Need Help Breastfeeding?

Come join our Breastfeeding Support Group

We offer a welcoming and supportive environment to address your breastfeeding concerns and celebrate your breastfeeding successes.

Join us on Wednesdays in the Women's Center Classroom at Sentara Obici Hospital from 10-11 a.m. Please call **757-934-4059** for more information.

BREAST IS BEST!

We will answer your breastfeeding questions!

We will also offer:

- Resources for Moms!
- Support for Moms!
- Information about pumping!
- Infant Weight Checks!