

# La Leche League of Evanston/Wilmette Monthly Series Meetings 2010

A.M. Meetings – Skokie Valley Baptist Church,  
1050 Skokie Blvd., Wilmette

**1st Wednesday** of the month at 9:30 a.m.

Apr 7, Aug 4, Dec 1	Advantages of Breastfeeding to Moms and Babies
Jan 6, May 5, Sept 1	The Baby Arrives, The Family and the Breastfed Baby
Feb 3, June 2, Oct 6	The Art of Breastfeeding and Avoiding Difficulties
March 3, July 7, Nov 3	Nutrition & Weaning

P.M. Meetings – St. Francis Hospital, South Conference Room,  
355 Ridge Ave., Evanston

**2nd Thursday** of the month at 7:00 p.m.

Jan 14, May 13, Sept 9	Advantages of Breastfeeding to Moms and Babies
Feb 11, June 10, Oct 14	The Baby Arrives, The Family and the Breastfed Baby
March 11, July 8, Nov 11	The Art of Breastfeeding and Avoiding Difficulties
April 8, Aug 12, Dec 9	Nutrition & Weaning

## La Leche League Can Help!

Breastfeeding is a simple and natural process, but you may need information and support about the correct positioning of the baby at the breast, working and breastfeeding, avoiding problems, or overcoming challenges.

At our monthly meetings, mothers and mothers-to-be share questions, concerns and the joys and benefits of breastfeeding. The Leader, an experienced nursing mother, is well prepared to answer your questions. **Babies are always welcome at LLL meetings.** There is a lending library with books on breastfeeding, childbirth and parenting. **The Womanly Art of Breastfeeding**, LLL's classic breastfeeding manual, is available for sale, and you have the opportunity of becoming a member of LLL for \$40/year. Membership benefits include a subscription to New Beginnings, a bi-monthly journal.

### Phone Support and Assistance

For more information about meetings, or if you have questions about breastfeeding, please call your local LLL leaders listed here.

Claudia 847-251-6407  
Sharon 773-478-2931, [spanzica@comcast.net](mailto:spanzica@comcast.net)  
Elaine 773-545-2673, [esmith1000@yahoo.com](mailto:esmith1000@yahoo.com)  
Emily [p.e.ploegman@gmail.com](mailto:p.e.ploegman@gmail.com)

**For more information about breastfeeding, go to [www.LLLI.org](http://www.LLLI.org)**