



# Drop In Lactation Support Group

- Open to all expecting, nursing, and pumping parents and their babies.
- Led by a Board Certified Lactation Consultant.
- There will be opportunities to ask questions, meet other lactating parents, and receive support.
- Weekly lactation topic discussions
- Weight checks



**The 2nd and 4th Tuesdays of  
the month**

**10:30am-12:00pm**

**For more information contact:  
Sheila Waterstrat 360-280-9663**

**Thurston County  
Public Health &  
Social Services  
412 Lilly Rd NE  
Olympia, WA 98502**

