

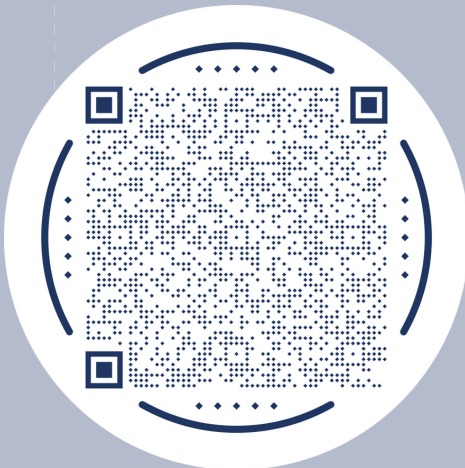
# Drop In Lactation Support Group

- 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



## LIFT

Lactation & Infant  
Feeding in Thurston



Check out  
[www.thurstoncountywa.gov/lift](http://www.thurstoncountywa.gov/lift)  
to learn more  
about breastfeeding  
support, resources, and benefits.

The 2nd and 4th  
Tuesdays of the month  
10:30am-12:00pm

For more information contact  
the Maternal Childhood Health  
program at **360-280-9663**

Thurston County  
Public Health &  
Social Services  
412 Lilly Rd NE  
Olympia, WA 98506

