

Baby's Breakfast Club

This program is supported by the Wellness Neighborhood



A warm and fun
environment for mothers
& newborns to socialize
and learn about how to
get a healthy start to life



Join other new moms for...

- Social interaction for moms AND babies
- Hands-on breastfeeding help
- Nutrition education (including best nourishment for mom AND baby)
- Light refreshments
- Information on how to maximize milk production
- Pump It Up Program (learn about how to obtain pumps through insurance)
- ...and more!



Mondays, 9:30 am - 11:30 am
Sierra Community House
11695 Donner Pass Road, Truckee

Offered in
BOTH Spanish
& English

Facilitated by lactation experts (IBCLC, CLC) and peer counselors - we specialize in ALL infant feeding

For more information or to register,
please call (530) 587-3769
or email wellness@tfhd.com

Follow Tahoe Forest Health System!



**TAHOE FOREST
CENTER FOR HEALTH**

Sponsored by Wellness Neighborhood, a Proud Supporter of Community Health

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