

# BREASTFEEDING

## Breastfeeding Mothers Support Group

**GROUP MEETS:** on the 2nd Tuesday of each month  
6:00 to 7:00 p.m.

*AHMC Main Floor Conference Room*

Women who are currently breastfeeding, or who are considering breastfeeding, as well as those who have breastfed in the past are all welcome to attend.

#### Facts about breastfeeding:

- Breastmilk helps keep babies healthy
- Breastmilk is a baby's perfect food, it can begin a lifetime of good health for babies
- Breastfeeding provides health benefits for mothers

#### Health benefits for babies:

- Fewer ear, nose, throat, and chest infections
- Less gas, constipation, and diarrhea
- Less risk of allergy, asthma, diabetes, and cancer

#### Health benefits for mothers:

- Easier to lose weight after delivery
- Lower risk of breast, ovarian, and uterine cancer

For more information or to register please call AHMC's Education Department at

**518-481-2247**



**Alice Hyde Medical Center**

an affiliate of Fletcher Allen Health Care



*In Touch with Health*  
community wellness program