### Groups & Meeting Dates

Women, nursing babies and non-separating toddlers are always welcome at our meetings!

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting Date</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downingtown</td>
<td>2 Apr, 2014</td>
<td>7:30 p.m.</td>
<td>Tuesdays: 2-D</td>
</tr>
<tr>
<td>Exton-Lionville</td>
<td>3 Apr, 2014</td>
<td>7:30 p.m.</td>
<td>Wednesdays: 1</td>
</tr>
<tr>
<td>Kimberton</td>
<td>4 Apr, 2014</td>
<td>9:30 a.m.</td>
<td>Tuesdays: T</td>
</tr>
<tr>
<td><strong>Jan.-Mar. TBA</strong></td>
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</tbody>
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### TOPICS INCLUDE:

1. **The Advantages of Breastfeeding**
2. **The Baby Arrives: The Family and the Breastfed Baby**
3. **The Art of Breastfeeding and Avoiding Difficulties**
4. **Nutrition and Weaning**
5. **Extended Nursing, Toddler Safety, Loving Guidance, & Tips**

### PREGNANT?

Plan for success... Meet us before you meet your baby!
Please let our advertisers know that you saw their ad in our flyer.

Upcoming Events

Bringing Home Baby Expo
April 5, 2014, 11:00 am–3:00 pm
Paoli Hospital, Potter Room
255 W Lancaster Ave., Paoli
Sponsored by the members of
The Breastfeeding Coalition of Chester County
& Dr. Rabinowitz of Advocare Newborn Network
Visit us at the LLL Table!

World Breastfeeding Week
August 1-7, 2014
LLL of Eastern Pennsylvania
Parenting/Breastfeeding Conference
Coming in the Fall, details TBA
A family friendly event!
Sessions on breastfeeding, parenting, and
nutrition, as well as exhibits and silent auction.
Visit us on Facebook,
La Leche League Groups of Chester County, PA
Local Web site: http://www.beanmom.com/laleche

La Leche League International: http://www.llli.org

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