

Contact: Monica Walk, Leader, La Leche League of Fond du Lac

(920) 922-3526; monicawalk@hotmail.com

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FOR IMMEDIATE RELEASE

### **La Leche League schedules next meeting, new location in Fond du Lac**

La Leche League of Fond du Lac will hold its next meeting Wednesday, March 23, at 10 a.m. in a new location. St. Paul's Episcopal Church, at Division and Sophia streets, has generously agreed to let the new local chapter of La Leche League meet in the church's Trakel Hall. Ample parking is available on the street, or across from the church in the old "Kohl's" grocery store parking lot.

This second series meeting will focus on "At Home with Baby." Pregnant women, mothers with new babies, and mothers continuing to breastfeed are invited to gather to learn more about the advantages of breastfeeding, to borrow books on breastfeeding and parenting, and to meet other area mothers. Mother-to-mother support is the heart of La Leche League. No book on breastfeeding can equal talking with experienced nursing mothers. At La Leche League meetings, mothers find a continuing source of information, inspiration and support.

La Leche League is a world-wide, non-profit organization supporting breastfeeding. Trained La Leche League Leaders guide discussions at the meetings and answer questions from the group or individually. Whether breastfeeding a baby for six days, six weeks, six months or longer, mothers will find La Leche League meetings supportive and informative. Meetings regularly cover such topics as the health benefits of nursing for mother and baby; how to start breastfeeding; returning to work and continuing to nurse; avoiding breastfeeding difficulties; and nutrition and weaning. Mothers are encouraged to bring their questions and concerns to the meetings. Meetings are free and children are welcome to attend.

Future meetings will continue to be on the fourth Wednesday of the month at 10 a.m. at St. Paul's Trakel Hall. La Leche League remains a non-profit, non-denominational group, and is appreciative of this community support from St. Paul's leadership.

For directions to meetings, help with a breastfeeding concern, or additional information about La Leche League in Fond du Lac, contact accredited La Leche League Leader Monica at (920) 922-3526. For additional meetings in the Fox Valley area, call 1-877-MOM-MILK, toll-free. For complete details about La Leche League International, including links to chapters around the globe, see [www.lalecheleague.org](http://www.lalecheleague.org).

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