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For IMMEDIATE Release

La Leche League Accredits Fond du Lac's Newest Leader: Breastfeeding Support Meetings Return to Morning Schedule

FOND DU LAC—La Leche League International has announced the accreditation of a new Leader in Fond du Lac: Amanda Hering has completed the rigorous LLLI training and is now offering information and support to Fond du Lac-area breast-feeding mothers through monthly meetings and telephone help.

With Hering's accreditation, founding Fond du Lac Leader Monica Walk is retiring from active leadership.

"I am so pleased to turn leadership of this group over to Amanda," Walk said. "I have known her for the three years I have led this group since founding it in February 2005, and I know clearly how she embodies the La Leche League commitment to encouraging and helping mothers meet their breastfeeding goals."

La Leche League is a world-wide, non-profit organization supporting breastfeeding. Trained La Leche League Leaders guide discussions at monthly meetings and answer questions. 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.

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. 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. Meetings are free and children of all ages are welcomed.

Future meetings will continue to be held on the third Thursday of the month at the Family Resource Center, 247 Doty St. Beginning in March, meetings will return to a daytime schedule.

Feb. 21: 6:30 p.m. TOPIC?

March 20, 10 a.m. TOPIC?

April 17, 10 a.m. TOPIC?

May 15 10 a.m. TOPIC

La Leche League Leaders also offer answers to breastfeeding questions and concerns via telephone help.

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 Amanda at (715) 579-6205.

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