



Help for Breastfeeding Mothers

If you are breastfeeding or just thinking about it, we invite you to join our weekly support group. Connect with other moms and moms-to-be, swap tips and share the joys and challenges of breastfeeding.

Breastfeeding Support Group for Atlantic City Moms

Wednesdays, 11 am - 1 pm

The Leadership Studio
161 S. Tennessee Avenue
Atlantic City, NJ 08401

Participation is free and open to women who live in Atlantic City. Drop-ins welcome.

**Call 800-611-8326
for more information.**

HealthyWomen
HEALTHY FAMILIES

Why Breastfeed?

- Breastmilk has antibodies to protect babies from illness.
- Breastmilk is easier for babies to digest. Fewer tummy aches.
- Breastfed babies have less asthma.
- Breastfeeding is good for bonding.
- Breastfeeding helps moms shed pounds.