

# Introducing

# B.E.S.T.

Breastfeeding Education  
and Support Together



**Some breastfeeding and lactating moms face challenges when returning to work after giving birth. Others are simply in search of workplace support. If this describes YOU, the B.E.S.T. group can help!**

- Learn How to Communicate With Your Employer About Your and Your Baby's Nutritional Needs
- Learn How Stress Affects Supply
- Learn How Other Working Moms are Coping and Share Your Experiences.
- Plus Much More!

Join our team of Certified Lactation Consultants each month via live stream for conversation, education and affirmation from working moms statewide.

**Register Today at: <http://bit.ly/3uKljJr>  
Questions? Call 501.661.2381**

