

JEFFERSON COUNTY PUBLIC HEALTH (JCPH) OFFERS A MOM'S GROUP FOR BREASTFEEDING PARENTS THREE TIMES PER WEEK. PLEASE ATTEND ANY OR ALL GROUPS FOR AS LONG AS YOU WOULD LIKE.

# B.E.S.T. FEEDING CLUB

Breastfeeding - Education - Sharing - Time

**Meetings three times per week!**

## **Mondays**

1 PM - 3 PM  
at JCPH  
645 Parfet Street  
Lakewood, CO 80215

## **Wednesdays**

10 AM - 12 PM  
at Mothers' Milk Bank in Arvada  
5394 Marshall Street  
Arvada, CO 80002

## **Wednesdays**

1 PM - 3 PM  
at Columbine Library, Study Room 1  
7706 W. Bowles Avenue  
Littleton, CO 80123

Please contact Heather Cordova, IBCLC (720) 476-2332  
or Kelsey Rivera, RD, IBCLC (303) 239-7139 with any questions.

Join us  
for fun,  
friendship  
and FREE  
information!