

Anne Arundel County Department of Health  
WIC Program

**Breastfeeding Classes & Support Groups**

Learn how to breastfeed successfully!  
Talk to other breastfeeding moms,  
discuss experiences and share information.

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**Breastfeeding Classes**

**Annapolis**

Wednesday, May 2            5:30 p.m. - 7:00 p.m.  
Thursday, May 17            3:00 p.m. - 4:30 p.m.

**North County**

Wednesday, May 9            5:30 p.m. - 7:00 p.m.  
Tuesday, May 15            2:00 p.m. - 3:30 p.m.  
Wednesday, May 23           5:30 p.m. - 7:00 p.m.

**Breastfeeding Support Groups**

**Annapolis**

Friday, May 4                9:30 a.m. - 11:30 a.m.  
Friday, May 11               9:30 a.m. - 11:30 a.m.  
Friday, May 18               9:30 a.m. - 11:30 a.m.

**North County**

Wednesday, May 2            9:30 a.m. - 11:30 a.m.  
Wednesday, May 9            9:30 a.m. - 11:30 a.m.  
Wednesday, May 16           9:30 a.m. - 11:30 a.m.  
Wednesday, May 23           9:30 a.m. - 11:30 a.m.  
Wednesday, May30           9:30 a.m. - 11:30 a.m.

*Annapolis - 3 Harry S. Truman Parkway, Annapolis, MD 21401*

*North County - 791 Aquahart Road, Glen Burnie, MD 21061*

Pregnant and breastfeeding women are  
encouraged to attend these programs.  
Bring your partner or a supportive friend.  
Children are welcome!

**Bring your WIC I.D. folder.**

WIC checks will be given out at the end of the session to participants who are due checks.

**Call 410-222-0085 for additional information.**

This institution is an equal opportunity provider and employer.

[www.aahealth.org/wic](http://www.aahealth.org/wic)

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**Breastfeeding Classes**

**Annapolis**

Wednesday, June 6            5:30 p.m. - 7:00 p.m.  
Thursday, June 21            3:00 p.m. - 4:30 p.m.

**North County**

Wednesday, June 13        5:30 p.m. - 7:00 p.m.  
Tuesday, June 19            2:00 p.m. - 3:30 p.m.  
Wednesday, June 27        5:30 p.m. - 7:00 p.m.

**Breastfeeding Support Groups**

**Annapolis**

Friday, June 1                9:30 a.m. - 11:30 a.m.  
Friday, June 8                9:30 a.m. - 11:30 a.m.  
Friday, June 15               9:30 a.m. - 11:30 a.m.  
Friday, June 22               9:30 a.m. - 11:30 a.m.  
Friday, June 29               9:30 a.m. - 11:30 a.m.

**North County**

Wednesday, June 6        9:30 a.m. - 11:30 a.m.  
Wednesday, June 13       9:30 a.m. - 11:30 a.m.  
Wednesday, June 20       9:30 a.m. - 11:30 a.m.  
Wednesday, June 27       9:30 a.m. - 11:30 a.m.

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**Breastfeeding Classes**

**Annapolis**

**Getting Started with Breastfeeding**

Thursday, July 19 3:00 p.m. - 4:30 p.m.

**North County**

**Getting Started with Breastfeeding**

Wednesday, July 11 5:30 p.m. - 7:00 p.m.

Tuesday, July 17 10:30 a.m. - noon

Wednesday, July 25 5:00 p.m. - 6:30 p.m.

**Breastfeeding and the Working Mother**

Wednesday, July 11 3:30 p.m. - 4:30 p.m.

Tuesday, July 17 9:00 a.m. - 10:00 a.m.

**Breastfeeding Support Groups**

**Annapolis**

Friday, July 6 9:30 a.m. - 11:30 a.m.

Friday, July 13 9:30 a.m. - 11:30 a.m.

Friday, July 20 9:30 a.m. - 11:30 a.m.

Friday, July 27 9:30 a.m. - 11:30 a.m.

**North County**

Wednesday, July 11 9:30 a.m. - 11:30 a.m.

Wednesday, July 18 9:30 a.m. - 11:30 a.m.

Wednesday, July 25 9:30 a.m. - 11:30 a.m.

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