



La Leche League of Northern Anne Arundel

Join us at one of our monthly meetings! We currently have two meeting locations.

Location 1: Baltimore Washington Medical Center in the Tate Cancer Center, 1st floor conference room.

Location 2: Big Vanilla Pasadena, located near the end of Rte. 100, at 26 Magothy Beach Rd., Pasadena MD 21122. We will meet in the second floor community room (elevator and stair access). Stop by the front desk for directions.

Evening meetings are offered on the first and third Monday of each month at 7pm at the Tate Center.

Daytime meetings are offered on the third Friday of each month at 10am at Big Vanilla Pasadena.

Upcoming Meeting Dates

July 5 - 7-9pm, Tate Center

July 16 - 10am-12pm, BigV Pasadena

July 19 - 7-9pm, Tate Center

August 2 - 7-9pm, Tate Center

August 8 - World Breastfeeding Week Picnic, 4-7pm,
Lake Waterford Park, Pasadena MD

August 16 - 7-9pm, Tate Center

August 20 - 10am-12pm, BigV Pasadena

September 6 - 7-9pm, Tate Center

September 17 - 10am-12pm, BigV Pasadena

September 20 - 7-9pm, Tate Center

Contact us

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Breastfeeding A-B-Cs

- A. Helps prevent Allergies**
- B. Bonding; Brain development**
- C. Colostrum is perfect first food**
- D. Prevents Disease/fewer Deaths**
- E. Easier to digest**
- F. FREE**
- G. Gives baby immunity + love**
- H. Breastfed babies are Healthier**
- I. Higher IQs; prevents Infection**
- J. Promotes Jaw development**
- K. Less time in the Kitchen**
- L. Less spitting up; stomach upset**
- M. Something only Mom can do**
- N. Night feedings are easier**
- O. Prevents Obesity**
- P. Premies go home quicker**
- Q. Quality nutrition – the very best!**
- R. Fewer Rashes on baby**
- S. Species specific for humans**
- T. Travel is easier**
- U. Contracts Uterus after birth**
- V. Valuable immunities in milk**
- W. Hindmilk improves Weight gain**
- X. eXactly what baby needs**
- Y. Tastes Yummy to baby**
- Z. Zero waste**