



St. John's Regional Medical Center is now offering
St. John's Baby Bistro
A new breastfeeding support group

Wednesdays

11 a.m. – 1 p.m.

Wellness Center (located on the first floor)

Nurture yourself and learn how to handle various issues that come up after you leave the hospital by participating in a breastfeeding support group.

What's on the Menu?

- Latch difficulties
- Engorgement
- Sore nipple management
- Establishing and maintaining an adequate milk supply
- Preparing to return to work
- Pumping
- Milk collection and storage
- Weaning, when the time comes
- And mom to mom support

Facilitated by Nancy Mitchell RN, BS, IBCLC

Please call our lactation office to sign up: 805.988.2796



Dignity Health™

St. John's Regional Medical Center