



Eat at Mom's

Where babies know breast!

Breastfeeding Mom's Group

Eat at Moms is a free, friendly place to connect with other moms. If you are pregnant, stop by to chat, ask questions, or listen. Then... stop back with your baby for support, help, or simply to share!

- baby weight station
- children always welcome
- call if you need help with transportation

*Please Join Us
monthly, every 2nd Thursday*

10: 30 am to 12 noon

January 12

February 9

March 8

New Location!

**Westside Family Resource Center
200 Wyoming St
Syracuse, NY 13204**

**For more information call
424-0009 ext. 109
or 247-9872**

Lactation counselors and consultants, nutritionists and WIC peer counselors are among some of the staff present at the meetings to help answer any questions or concerns you might have.

REACH  CNY

