



Making it Work: Breastfeeding and Working WORKS!

Employees who become new mothers want to do the best for their baby and their job. Now they don't have to choose between the two. Mothers who breastfeed can now find special lactation support services so they can successfully reach both of their important goals. These include:

- Nursing Mother's Room...a beautiful new milk expression room with a relaxing environment to comfortably express milk during work hours
- Use of breast pumps...safe and efficient electric pumps located in each lactation room
- Education...classes during your pregnancy and after baby is born, and access to helpful materials
- Support...to help you reach your personal goals for feeding your baby after returning to work

Contact [name of department and contact number] today to learn more!