



# Get Back In Shape

## *Breastfeeding*

Want to get that pre-pregnant size back sooner, rather than later? Increase your confidence as a new mother? Breastfeeding makes it possible.

**Call the Breastchoice Mother's Support Group at 612-FEEDBABY (612-333-3222).**



**Sponsors:**  
The League of Catholic Women  
Allina Foundation

**Partners:**  
Hennepin County WIC Program  
Pilot City Health Center  
North Memorial Medical Center  
Northside Family Connections  
Hennepin County Medical Center  
University Family Physicians/North Memorial Clinic