



LOCAL ONLINE DISCUSSIONS

September – December 2022

Facilitated by qualified breastfeeding counsellors and breastfeeding educators, these informal discussion meet-ups are **free**—join to connect, share and ask questions—from anywhere in Tasmania.

Date	Where	Time	Topic
Fri 2 Sep	Click HERE to join on Zoom	12.00pm – 1.30pm	<small>GUEST SPEAKER *</small> Supporting your postnatal body: Exercise, pelvic floor & common musculoskeletal complaints <small>Zoom Discussion ID 513 214 6735</small>
Fri 7 Oct	Click HERE to join on Zoom	12.00pm – 1.30pm	Weaning: when, why and how? <small>Zoom Discussion ID 513 214 6735</small>
Fri 4 Nov	Click HERE to join on Zoom	12.00pm – 1.30pm	Sleep and settling - science and solutions <small>Zoom Discussion ID 513 214 6735</small>
Fri 2 Dec	Click HERE to join on Zoom	12.00pm – 1.30pm	Out and about - social functions and expressing <small>Zoom Discussion ID 513 214 6735</small>

Details correct at time of publication. Visit 'Events' at the [ABA Tasmania Branch](#) Facebook page.

For security, and quick entry from the waiting room, use your real name on Zoom. Aliases and device names may not be admitted.

****Guest speaker presentation may include information not in accordance with ABA policies and position statements.***