

## What's covered

- · Combining work and breastfeeding
- Beyond the newborn stage
- Growing your family
- Am I still me? Lifestyle and relationship changes after giving birth
- Can I breastfeed if I... Lifestyle factors impacting breastmilk



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## Free for Virtual Village members

The Connect & Share webinar series will provide you with breastfeeding information and support beyond the newborn stage.

Join our live-streamed, 1.5-hour sessions on navigating the life changes that come with having a baby.

Topics alternate each month. You can come to one or all five topics as many times as you wish.



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