



ADVENTIST HEALTH CASTLE

# MOMMY & ME VIRTUAL HUI



Please join us weekly  
from the comfort of your home  
to get the confidence, support, and answers to  
a successful start with your baby.

Led by  
Cassidy Jones, RN IBCLC  
AHC Board-Certified Lactation Consultant



**EVERY THURSDAY | 10AM - 11:30AM**

FREE for parents  
and their breastfeeding babies of all ages

Join us from the link on AH Castle's website  
or the following website link:  
[meet.google.com/vve-otbh-tfe](https://meet.google.com/vve-otbh-tfe)

or  
by entering "vve-otbh-tfe" on the google meet app

