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**South Lake Hospital provides breastfeeding support for nursing mothers**

**Clermont, Fla.** – South Lake Hospital's Centre for Women's Health has expanded its services for new moms who may need assistance with breastfeeding. *Breastfeeding Workshop I* an educational class for expectant parents teaching breastfeeding basics and establishing breastfeeding habits. *Breastfeeding Workshop II* focuses on advanced issues in breastfeeding, including maintaining breast milk supply, pumping and returning to work and incorporating solids foods while continuing to breastfeed. To register for either of the Breastfeeding workshop please call 352.241.7109. Classes are taught by an International Board of Certified Lactation Consultant (IBCLC).

The hospital also offers a free Breastfeeding Support Line for those who have breastfeeding questions after they have been discharged. An IBCLC or Lactation Counselor will return all calls within 24 hours. If additional concerns arise after discharge home from the hospital and help is needed beyond telephone support, private breastfeeding consultations are available with an IBCLC for an additional cost. The Breastfeeding Support line is 352.394.4071.ext. 4380.

In addition, South Lake Hospital offers new moms a chance to get together with other moms and their newborns for support, education and socialization. Moms and babies, newborn to six-months-old, can join this casual, fun and supportive group and enjoy discussions on parenting issues and breastfeeding support. A lactation counselor attends each session and a scale is available for weighing the newborns. Moms' Morning Out meets every Wednesday morning from 10:00 a.m. – 11:30 a.m. on the second floor of the Centre for Women's Health. There is no cost and registration is not required.

Childbirth education classes at South Lake Hospital are also available for expecting parents. For more information on childbirth classes, please call 352.241.7109.



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The Centre for Women's Health at South Lake Hospital provides complete woman's care from maternity through maturity. Services include a mother-baby unit with private post-partum suites, spacious labor and delivery rooms, diagnostic services, bone densitometry screenings and ultrasounds.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit [www.southlakehospital.com](http://www.southlakehospital.com).

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