Mocha Café Live: Covid-19 Series
Virtual Breastfeeding Support Group

Shakia Jackson, CLC
ADH HOST

Lucy Towbin, LCSW, IBCLC

Regina Chaten
Doula

Jada Wright Nichols,
OTR/L, IBCLC

To RSVP go here https://www.surveymonkey.com/r/MochaCOVID19 or use the QR code

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<th>Date</th>
<th>Speaker</th>
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<td>Wednesday, April 8</td>
<td>Lucy Towbin</td>
<td>Stress and Breastfeeding during COVID-19</td>
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<td>Thursday, April 9</td>
<td>Regina Chaten</td>
<td>Virtual Doulas in the era of COVID-19</td>
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<td>Friday, April 10</td>
<td>Jada Wright Nichols</td>
<td>Virtual Yoga: Breath, Stretch, Shake!</td>
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Click here to join or watch later: www.facebook.com/arsistersunited

Arkansas Department of Health — Office of Health Equity