



Owatonna Hospital  
**babycafé**

A free, family-friendly drop-in center for any mom, pregnant or with a child up to age 1.

**Baby Café offers information and support to help you reach your breastfeeding goals.**

You can get help with breastfeeding – or just talk – with a certified lactation counselor from Owatonna Hospital and other moms, like you.

Get answers to your questions in an informal, comfortable setting:

- I'm pregnant and wondering, "How will I feed my baby?"
- I'm having a few problems with breastfeeding.
- How can I continue to breastfeed after I go back to work?
- How/when do I start solid foods?

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## Baby Café location and details

- Every Thursday, 11:30 a.m. – 1:30 p.m.
- Owatonna Hospital  
2250 NW 26th Street  
Owatonna, MN 55060

You don't need to have given birth at Owatonna Hospital to go to Baby Café. It's sponsored by Owatonna Hospital Foundation and Steele County as a free community service.

**Questions?** Call Baby Café at **507-977-2455** or **[startingtogether@allina.com](mailto:startingtogether@allina.com)**



[allinahealth.org/owababycafe](http://allinahealth.org/owababycafe)

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