

Baby & Me Support Group

KAISER PERMANENTE • SAN JOSE MEDICAL CENTER



Baby & Me Support Group (2 weeks to 1 year):

Drop in, small group facilitated by Health Educators. For babies 2 weeks of age who have already had one-to-one lactation visit with the Newborn Clinic.

Bring your baby and discuss sleeping, crying, adjusting to parenthood and more! Some sessions feature physicians and/or guest speakers from the community. A lactation educator is available to assist with general breastfeeding questions and concerns. This is for Kaiser Permanente members only and is a covered benefit. *This group does not meet on holidays.*

2019 Dates and Times:

Group meets every Monday and Friday

- Mondays, 2PM – 3:30PM, Centering Room
- Fridays, 10AM – 11:30AM, Room 3
- **Address:** 276 International Circle, Building 1, 2nd Floor, San Jose, 95119

For more information please contact Health Education at (408) 972-3340

Stay on Top of
Your Health with
KP My Doctor Online App



Kaiser Permanente My Doctor Online App is a health reminder app that gives you one less thing to think about when it comes to managing your health. Receive preventive health alerts and appointment reminders for you and your family, email your doctor – or your family's personal doctors – with non-urgent messages, and more

**Download KP My Doctor Online App
for free on your smartphone**



Are you registered?

If you're already registered on kp.org, you're all set to start using your KP Preventive Care App. If not, you'll need to go to **kp.org/registernow** to set up your account from a computer