LLL Alums

La Leche League Alumnae Association

...a resource, a community, a network, an opportunity

25 Ways for Alums to Stay Connected to LLL

www.lllalumnae.org

1. Tell a pregnant woman about La Leche League
2. Attend a local LLL meeting in your community
3. Start a email chat list for local Alums to connect and gather informally
4. Reconnect with an old LLL friend
5. Send an Alum gift membership to a friend for a holiday, birthday or other occasion
6. Start planning now to attend an upcoming Area conference or LLL event
7. Contact poselka1945@att.net to become a local Alum Representative (AR)
8. "Like" the Alum Facebook page at https://www.facebook.com/LLLAlumnaeAssociation to receive daily posts about breastfeeding, parenting, and Alum news
9. Volunteer to speak at an LLL workshop or local Conference
10. Contact local LLL Area Leaders to offer your help
11. Give *The Womanly Art of Breastfeeding* as a gift
12. Participate in a local breastfeeding task force or coalition
13. Visit the Alumnae, your Area, and LLLI websites for updates
14. Write an article or review a book for *Continuum*
15. Offer to host a local Alumnae lunch, potluck or dinner in your community
16. Invite a Leader to lunch
17. Encourage your local hospital to become Baby-Friendly
18. Recommend *The Womanly Art of Breastfeeding* or a new LLL book to the local library
19. Help your employer support employed nursing mothers
20. Donate to the LLL Breastfeeding Helpline-US at www.breastfeedinghelpline.com
21. Share your LLL memories or stories online at lllalumnae.org/Memories-Stories
22. Join the Alum Yahoo group. Contact Sara at saradfurr@gmail.com to join. Alum members share ideas and receive Alum/LLLI news between issues of *Continuum*
23. Contact Alum Coordinator Edna at eekelly@swbell.net to volunteer for a short-term task
24. Share issues of *Continuum* with a friend. Invite her to join the Alums at lllalumnae.org/join
25. And, of course, join the Alumnae Association!

LLL ALUMNAE ASSOCIATION

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