

Hand to Hold presents  
**Lunch & Learn**

**Friday, February 24<sup>th</sup> Noon – 1:00**  
**at Austin's First Steps High-Risk Follow-Up Clinic**

3000 North I-35, Suite 770 Austin, TX 78705  
Next to St. David's Medical Center



**“Feeding and Nutrition for the NICU Grad”**

**Come have lunch and learn with us!**

**Join Us to Hear from Experts on Lactation, Nutrition, and Growth.  
Get the Most Out of Breastfeeding, Pumping, Supplementing, & Formula.**

- **Kay Needles-Gregorio, IBCLC**
- **Leslie Ivey, RD, LD**

***Find the combination that works best for you and your babies!***

**Email [Marty@handtohold.org](mailto:Marty@handtohold.org) to RSVP, or Visit [www.handohold.org](http://www.handohold.org)**

***At March's L&L will talk about feeding issues and complications that are  
unique to our children and how to address them.***



**HAND to HOLD**

*Fragile Babies. Strong Support.*