

“Breastfeeding is the most rewarding thing I have ever done, but I couldn’t do it without an incredible group of friends that have helped me along the way.”



Community Support

 It's Worth It!

 It's Worth It!

To share your “It’s Worth It” story and to learn more about breastfeeding, scan the QR code on the right with your smartphone or visit [itsworthit.org](http://itsworthit.org)



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