

LLL Alum

La Leche League Alumnae
Association

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

25 Ways for Alums to Stay Connected to LLL

<http://alumnae.llli.org>

1. Tell expectant parents about La Leche League
2. Attend an LLL meeting
3. Start a local Alumnae group; become a local Alumnae Representative (AR)
4. Reconnect with an old LLL friend
5. Start planning now to attend an upcoming LLL gathering
6. Keep up with LLL news at: www.llli.org
7. Host an LLL gathering in your community
8. Volunteer to speak at an LLL workshop or local Conference
9. Contact local LLL Coordinators to offer your help
10. Give *The Womanly Art of Breastfeeding* as a gift
11. Participate in World Breastfeeding Week Celebrations
12. Visit the Alumnae and LLL Web sites often
13. Write an article or review a book for *Continuum*
14. Include LLL in your will
15. Invite a Leader to lunch
16. Encourage a local hospital to become Baby-Friendly
17. Recommend *The Womanly Art of Breastfeeding* to the local library
18. Help your employer support employed breastfeeding parents
19. Donate to the LLL Breastfeeding Helpline-US
20. Offer to help at the next Leader gathering
21. Plan a local Alum lunch/dinner with Leaders and Alums in your community
22. Join the ALLLumnae Yahoo! list (contact Alumnae Council for info)
23. Contact the LLL Alumnae Coordinator to volunteer for a short-term task
24. Become involved with a local breastfeeding task force or coalition

25. And, of course, join the Alumnae Association!