

25 Good Ways to Stay Connected to LLL

1. Tell a pregnant woman about La Leche League
2. Attend an LLL meeting
3. Start a local Alumnae group
4. Reconnect with an old LLL friend
5. Start planning now to attend the next LLLI Conference
6. Learn about LLLI's current issues and programs
7. Host a chapter meeting in your community
8. Volunteer to speak at a workshop or conference
9. Contact your Area Coordinator to see how you can help
10. Give the Womanly Art of Breastfeeding as a gift
11. Participate in the World Walk for Breastfeeding
12. Visit the Alumnae and LLLI 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 your local hospital to become Baby Friendly
17. Recommend new LLL books to your local library
18. Help your employer support employed nursing mothers
19. Make regular financial contributions to LLLI
20. Offer to help at the next LLLI or Area conference
21. Participate in the Alumnae Education Network
22. Join an online Alumnae discussion group
23. Send thank-yous to retired leaders for the Alums
24. Sit on a breastfeeding task force
25. And, of course, join the Alumnae Association!

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