



Jeb Bush  
Governor

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FOR IMMEDIATE RELEASE

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BREASTFEEDING AWARENESS DURING AUGUST  
HEALTH DEPARTMENT OFFERS NUTRITIONAL EDUCATION

Palm Beach County, FL –With August being designated as breastfeeding month the Palm Beach County Health Department and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) are hosting celebrations for breastfeeding mothers and nutritional education programs for all woman.

Four convenient locations in the Health Departments clinics will be hosting programs on August 17 and 24.

- Delray Beach Health Center, 225 S. Congress, 1:30 PM to 3:30 PM August 17
- West Palm Beach Health Center, 1150 45<sup>th</sup> Street, August 17
- Lantana Health Center, 1250 Southwinds Drive, 2:00 PM August 24
- CL Brumback Health Center, Belle Glade 2-4 PM August 24

The American Academy of Pediatricians Policy Statement recommends that mothers fully breastfeed their babies for approximately the first six months of life. They also recommend continuing breastfeeding, with appropriate food supplementation, until the baby's first birthday.

Breastfeeding promotion and support are critical components of the Florida and Palm Beach County WIC and nutrition services public health program. Currently, 71% of mothers enrolled in the program are breastfeeding and participating in the various programs offered. WIC also provides nutritious supplemental foods, nutrition education and referrals for health care and peer counselors.

Further information can be obtained by calling the Health Department Community Health Division at 561-681-2524 or on the web at [www.pbchd.com](http://www.pbchd.com).

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