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MEDIA RELEASE

Information **Advisory** **Warning** **Update**

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FOR MORE INFORMATION CONTACT:

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St. Clair County Health Department Celebrates Breastfeeding Awareness Month Annual Stroll on August 6

The St. Clair County Health Department Women, Infants, and Children (WIC) program invites families and children to celebrate Breastfeeding Awareness Month by promoting breastfeeding success at the 5th annual Breastfeeding Stroll Blue Water River Walk on August 6, 2019, from 10:00am to 12:00pm.

This year's theme, "Exclusivity: One Feeding at a Time" promotes breastfeeding as the primary source of nutrition for babies. Breastmilk provides all the energy and nutrients that an infant needs. The American Academy of Pediatrics recommends breastfeeding exclusively for the first 6 months of life.

The St. Clair County Health Department WIC program helps WIC moms and babies attain their breastfeeding goals by promoting breastfeeding continuity of care throughout the community. Rebecca Campau, RN, International Board Certified Lactation Consultant (IBCLC), Carley Elliott, WIC Breastfeeding Peer Counselor, and Amelia Berger, RD, Certified Lactation Specialist (CLS), provide professional, skilled breastfeeding counseling, education and support.

For more information on WIC or breastfeeding support, call (810) 987-8222. Visit our website www.scchealth.co and follow us on social media @scchdmi. This Institution is an Equal Opportunity Provider.

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