



## **MEDIA RELEASE**

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

**DATE: JULY 29, 2021**

### **FOR MORE INFORMATION CONTACT:**

Amy Bishop, RN, BSN, CPS  
Nursing Supervisor, WIC Coordinator  
(810) 987-5300 ext. 1505  
[abishop@stclaircounty.org](mailto:abishop@stclaircounty.org)

### ***St. Clair County Health Department Celebrates Breastfeeding Awareness Month Annual Stroll on August 3***

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 6<sup>th</sup> Annual Breastfeeding Stroll, August 3, 2021, from 10:00am to 12:00pm, at the Blue Water River Walk Desmond Landing.

This year's theme is "*Why WIC for Breastfeeding*". WIC provides healthy and nutritious foods that have the beneficial nutrients needed for breastfeeding moms. Making healthy food choices while breastfeeding helps both moms and babies receive the recommended nourishment to meet today's nutritional 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 moms and babies attain their breastfeeding goals by promoting breastfeeding continuity of care throughout the community. Samantha Meyers, RN, Breastfeeding Coordinator, 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](http://www.scchealth.co) and follow us on social media @scchdmi. This Institution is an Equal Opportunity Provider.

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