

July 29, 2016



**SAVE THE DATE:**  
**BENEFITS OF BREASTFEEDING**  
*Free Community Program: August 26*

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**Martin County, FL** – The public is invited to learn more about the *Benefits of Breastfeeding* during a free community program on Friday, August 26, 10:00 am – 12:00 pm at the Children’s Services Council, 101 SE Central Parkway in Stuart.

The program, facilitated by WIC (Women, Infants and Children) Nutrition Services will feature guest speakers and community resource information. Martin Health System and the Martin County Healthy Start Coalition will provide refreshments and door prizes.

Research shows that babies that receive only breast milk for the first six months of life are less likely to develop a wide range of chronic and acute diseases including ear infections, diarrheal diseases, asthma, obesity and respiratory illnesses. They are also less likely to die from Sudden Infant Death Syndrome (SIDS). In addition, breastfeeding for nine months reduces a baby’s odds of being overweight by 30 percent.

For more information or to register for the program, contact Claudia Worley at 772-221-4000 ext. 2136.

**About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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