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FOR IMMEDIATE RELEASE
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NEWS RELEASE

BREASTFEEDING SUPPORT GROUP MEETS AT HEALTH DEPARTMENT

ST. AUGUSTINE, FLORIDA – The St. Johns County Health Department announces that it will host a support group for breastfeeding mothers as well as pregnant women who may be considering breastfeeding.

Human breast milk is considered to be the perfect food for your infant and has the right ingredients for your baby in just the right amounts. According to research studies, breastfed children as well as mothers that breastfeed experience many health benefits.

What: Breastfeeding Support Group

Who: Breastfeeding Mothers, Pregnant Women, and Children welcome!

Where: St. Johns County Health Department, Conference Room A
1955 US 1 South, St. Augustine, Florida 32086

When: October 5th, 2009 from 11:30am – 1:00pm

Cost: ~FREE~

Why: Most mothers or pregnant women would like to breastfeed but may need help. This mother-to-mother support will help 'break the ice' on this subject while providing support and the sharing real life experiences.

This support group will be led by our local experts, Ms. Kimberlee Burnett, *C.L.C* from St. Johns County Health Department as well as Ms. Alana White *IBCLC*, and Ms. Dottie Colesant *MS, RN* from Flagler Hospital.

You are welcomed to bring lunch for you and your children. If you have any questions on this event, please call Kimberlee Burnett at 825-5055 ext 1110.

For more information on services offered by the St. Johns County Health Department, please visit our website at www.StJohnsCHD.org or call our office at 904-825-5055.

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***Our Mission:** Promote, protect and improve the health of all people in Florida.*

***Our Vision:** A healthier future for the people of Florida.*

***Our Values:** - Integrity; Commitment to Service; Respect; Excellence; Accountability; Teamwork; Empowerment –*



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Public Health
Prevent. Promote. Protect.