



Charlie Crist
Governor

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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 nursing 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: ~ November 09, 2009 from 11:30am – 1:00pm ~
~ December 14, 2009 from 11:30am – 1:00pm ~
~ January 11, 2010 from 11:30am – 1:00pm ~
~ February 08, 2010 from 11:30am – 1:00pm ~
~ March 08, 2010 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 through the sharing of real life experiences. This group will be led by our local Certified Lactation Consultants. You are welcome to bring lunch for you and your children.

For more information on this event, please call Kimberlee Burnett at 825-5055 ext 1110. For information on services or upcoming events, 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.