

Aug. 1, 2019

EMPOWERING PARENTS FOR NATIONAL BREASTFEEDING MONTH



Contact:

Media Desk
850-595-6500, ext. 6000

Pensacola, Fla. – In observance of National Breastfeeding Awareness Month, World Breastfeeding Week (Aug. 1-7), and Black Breastfeeding Week (Aug. 25-31), the Florida Department of Health in Escambia County (FDOH-Escambia) highlights the World Alliance for Breastfeeding Action's efforts to empower parents and enable breastfeeding. FDOH-Escambia offers MOM to MOM breastfeeding classes that are open and free to pregnant women and their partners.

What: MOM to MOM Breastfeeding Class

Dates and Locations:

Tuesday, Aug. 6, 2019
11:00 a.m. to 1:00 p.m.
8390 North Palafox Street
Pensacola, FL 32534

Tuesday, Aug. 13, 2019
11:00 a.m. to 1:00 p.m.
1295 W Fairfield Drive
Pensacola, FL 32501

Tuesday, Aug. 27, 2019
4:00 p.m. to 6:00 p.m.
1295 W Fairfield Drive
Pensacola, FL 32501

Breastfeeding protects both mother and child by promoting long-term health benefits. According to the World Health Organization, breastfeeding helps protect infants from the two primary causes of child mortality worldwide, diarrhea and pneumonia. Additionally, mothers who breastfeed have reduced risk of type II diabetes and postpartum depression.

Empowering mothers is essential for successful breastfeeding. Breastfeeding requires support from families, healthcare professionals, and communities to encourage breastfeeding as the normal and most desirable feeding method for infants. FDOH-Escambia offers organizations and businesses technical support and guidance to become breastfeeding friendly.

For more information about breastfeeding resources, contact the FDOH-Escambia Breastfeeding Program at 850-595-6670 or visit www.EscambiaHealth.com.

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About the Florida Department of Health

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