



A Beach Cities Health District Program

invites you to celebrate

World Breastfeeding Week

with a free party and "nurse-a-thon"

August 4, 2008 at 12:30 p.m.

BCHD Center for Breastfeeding Support

514 N. Prospect Ave., 1st floor

Redondo Beach, CA 90277

Nursing and expectant mothers and their families are welcome. Party will feature a presentation by a registered dietitian, interactive baby wearing demonstration, free chair massage for moms, a baby massage demonstration, refreshments, a free drawing and the chance for nursing moms to take part in a "nurse-a-thon," with the goal of getting as many nursing mothers and their babies participating in what breastfeeding experts consider the "gold standard" for infant and mother health.

Please call (310) 374-3426, ext. 183 if you need further event details.

For information about the Center for Breastfeeding Support visit www.bchd.org.