

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

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State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE

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MOMS INVITED TO LEARN ABOUT BREASTFEEDING AT SUPPORT GROUP MEETING

The Florida Department of Health in Marion County is celebrating World Breastfeeding Week at the Aug. 5 Mom and Baby's Club meeting

Ocala—The Florida Department of Health in Marion County is celebrating World Breastfeeding Week with a special celebration for mothers at the August Mom and Baby's Club meeting.

The club meets at 10–11 a.m. Aug. 5 at the Department's Ocala location, 1801 SE 32nd Ave., next to Jervey Gantt Park. There will be refreshments, door prizes, and a chance to find out what the club has to offer.

"Feeding is one of the most important decisions for a mother to make," said Xiomara Nieves-Jimenez, Senior Public Health Nutritionist supervisor at the Florida Department of Health in Marion County. "With all the advantages of breastfeeding, we want to do everything we can to help mothers succeed."

Pediatricians recommend that babies be fed only breast milk for the first six months of life. Solid foods should be fed at about six months and breastfeeding should continue until the baby is at least one year old. The Department's training, counseling and support programs can help Marion County mothers give their babies the best possible start with breastfeeding. Trained staff, support groups and breastfeeding peer counseling programs are available to help.

The Mom and Baby's Club is a support group for mothers to share their challenges, successes and friendship. Meetings are held the first and third Wednesday of each month in the Department's Ocala facility.

The Department also offers breastfeeding classes. The classes give mothers expert instruction and practical information to help them succeed. These classes are held on the second Tuesday and fourth Wednesday of each month, also in the department's Ocala location.

Call Florida Department of Health in Marion County at 352-622-1161 to find out more about help for new mothers.

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The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [Marion.FloridaHealth.gov](#).