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**NEWS
RELEASE**

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Public Health Department Celebrates National Breastfeeding Month

WIC Program Hosts Fairs at WIC Locations

El Paso, Texas—The City of El Paso Department of Public Health is celebrating Breastfeeding awareness month by inviting families to attend upcoming Women, Infants and Children (WIC) Fairs hosted at various WIC center locations.

WIC Fairs will have information on WIC services, free games and activities for mothers, children and the entire family. Join us at the following WIC Fair events:

- **August 2 | 9:30 AM - 11:30 AM**
1757 George Dieter Dr.
- **August 3 | 9:30 AM - 11:30 AM**
3707 Pershing Dr.
- **August 10 | 9:30 AM - 11:30 AM**
110 Candelaria St.
- **August 11 | 9:30 AM - 11:30 AM**
5195 Mace St.

National Breastfeeding Awareness Month is recognized annually to raise awareness of the benefits of breastfeeding and ensure women have the care they need.

“Breastfeeding is one of those wonderful gifts that nature offers,” said Adriana Archer, WIC Patient Services Coordinator. “However it is not easy, it is hard to navigate through it and even more to make it successful. WIC is here to help through those challenges and to help meet our families’ breastfeeding goals.”

Women, Infants and Children (WIC) program offers services to support families who wish to nurse their children. WIC program offers the following services:

- Nutrition education classes
- Monthly allowance for food and baby formula
- Breastfeeding support includes teleconsulting from a lactation consultant, breastfeeding classes, counseling services and supplies such as breast pumps
- 24/7 breastfeeding support through the Texas Lactation Support Hotline

Breastfeeding for at least six months has demonstrated numerous health benefits to infants and mothers.

- Health benefits for children include lowering their chance of sudden infant death syndrome (SIDS), gastrointestinal infections, and ear infections.
- For moms, it reduces their chance of heart disease and some cancers.

For more information on National Breastfeeding Awareness Month and the services and benefits available, visit TexasWIC.org or call 915.212.4942.

For more information and tips visit EPHealth.com under the [WIC Services](#) tab.

#NationalBreastfeedingMonth

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Promoting **Transparent & Consistent Communication**
Among All Members of the Community

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