

NEWS RELEASE

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION, CONTACT

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BOTHWELL HOSTS BREASTFEEDING HEALTH FAIR AUGUST 3

SEDALIA – Bothwell Regional Health Center's Women's Health Unit will host a Breastfeeding Health Fair from 11 a.m. to 3 p.m. on Saturday, August 3, in the Bothwell Education Center, 14th and Ingram, Sedalia.

The health fair is free and open to the public. The event is part of Bothwell's celebration of World Breastfeeding Week, which runs August 1 through 7.

Attendees will be eligible for door prizes, and vendors will be present to answer questions about their services.

Presentations on breastfeeding and related topics, including nutrition, oral care for Mom and baby, working while breastfeeding and more are scheduled every 30 minutes:

11:30 a.m. Oral Care for Mom and Baby
Bethany Vandevender, DDS

Noon DVD: Dunstan Baby Language

12:30 p.m. Nutrition for Pregnancy and Breastfeeding
Lori Bohnenstiehl, Registered Dietician Technician

1 p.m. Introduction to Early Head Start
Nancy Davidson and Carrie Hayes

1:30 p.m. Breastfeeding and Working
Mary Lou Shane, RN, International Board Certified Lactation Consultant, and Palmira Mitts, WIC peer counselor

2 p.m. Need Milk? What to Do
Janice R. Johnson, RN, BSN, International Board Certified Lactation Consultant

2:30 p.m. What is La Leche League
Pat Sturges RN, International Board Certified Lactation Consultant

This year's theme for World Breastfeeding Week is "Breastfeeding Support, Close to Mothers." Babies benefit from breast milk because it is easily digested and filled with antibodies that protect against infection. Breast-fed babies have a reduced risk of SIDS (sudden infant death syndrome), certain cancers, juvenile diabetes and allergies. Benefits to mothers who breast feed their babies include lower risks of bleeding after delivery, postpartum depression, uterine and ovarian cancer and osteoporosis.

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Bothwell Regional Health Center is a 140-bed regional health center serving west-central Missouri with state-of-the-art technology and comprehensive health and wellness services including surgical, cancer, orthopedic, cardiovascular, women's health, and therapy services. For more information on Bothwell Regional Health Center and its services, visit the Web site at www.brhc.org or find them on Facebook.