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**LOCAL HOSPITAL CELEBRATES WORLD BREASTFEEDING MONTH**

**Redlands Community Hospital Kicks Off World Breastfeeding Week  
with Free Classes and Events Aug 3-7**

REDLANDS, CA— During the month of August, Redlands Community Hospital will celebrate World Breastfeeding Month with free lactation group and individual education sessions, and chances for attendees to win a valuable prize. This year's theme, "Breastfeeding: A Vital Emergency Response: Are you ready?" is designed to get the word out to parents about the importance of breastfeeding their children.

"Breastfeeding is a life saving intervention and protection is greatest for the youngest infants," says Shannon Goulmassian, Perinatal Services Coordinator. "Breast milk can become a main source of nutrients during a baby's first year. Beyond one year, breast milk can still be an important part of your child's diet."

The Perinatal Services program, located at 802 W. Colton Avenue in Redlands, will kick off World Breastfeeding week August 3-7 with free lactation education. The hospital will be serving hors d'oeuvres every Monday during the month of August at the 10 a.m. Group Lactation Class and will host a variety of services, including:

- Postpartum lactation group education session on Monday, August 3 at 10 a.m.
- Prenatal breastfeeding prep class on Wednesday, August 5th at 10 a.m.
- Private lactation consultations throughout the week

Redlands Community Hospital and the World Alliance for Breastfeeding (WABA) hopes to draw attention to the vital role that breastfeeding plays in emergencies worldwide, stress the need for active protection and support of breastfeeding, and inform mothers, breastfeeding advocates, communities, and health professionals about the benefits of breastfeeding.

To register for any of the prenatal breastfeeding prep classes, or to sign up for a private or a group lactation session, call 909-793-6110.

Redlands Community Hospital is a not-for-profit, stand-alone hospital that has been serving the community since 1904. Now in our second century of service, Redlands Community Hospital has grown to more than 270 board-certified physicians, 300 volunteers, and over 1,400 employees. For more information about programs and services at Redlands Community Hospital, please call (909) 335-5500.

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