



**For Immediate Release: July 27, 2017**

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**Bennington County Celebrates World Breastfeeding Week**

*Join the Fourth Annual Family Fun Walk on August 5*

BENNINGTON – Bennington County community members and local businesses will mark World Breastfeeding Week with a morning of activities, starting with the Fourth Annual Family Fun Walk for Breastfeeding Awareness on Saturday, August 5, 2017.

The quarter-mile walk starts at 9:30 a.m. at Willow Park in Bennington. People can register beginning at 8:30 at the park, or online at [www.benningtonbfwalk.com](http://www.benningtonbfwalk.com). In addition to the walk, there will be children’s activities, a clothing exchange, nursing portraits, door prizes and information about breastfeeding, parenting and healthy families. At 10:30 nursing mothers and their infants will gather to join breastfeeders throughout Vermont and worldwide for the “Big Latch On” in support of breastfeeding. The celebration is presented by the Tristate Breastfeeding Awareness Task Force, a community-based partnership committed to breastfeeding education and support, active families, and good nutrition for children.

The Vermont Department of Health encourages breastfeeding as a healthy aspect of the lives of women and infants, and supports nursing mothers through educational programs and initiatives. The Local Health Office in Bennington works one-on-one with new moms through breastfeeding classes and at its WIC clinics. The department also helps local businesses become Breastfeeding Friendly Employers. Other community supports for breastfeeding include nurses and lactation consultants at Southwestern Health Care, and home visiting maternal and child health nurses through Children’s Integrated Services and the Visiting Nurses Association of the Southwest Region.

- **For more about the Family Fun Walk and Big Latch On**, visit <https://www.facebook.com/FamilyFunWalkforBreastfeedingAwareness/>
- **Learn more about breastfeeding and why it's best for babies and moms** at [healthvermont.gov/breastfeeding](http://healthvermont.gov/breastfeeding)
- **Share your stories and follow World Breastfeeding Week on Twitter:** #WBW2017

**For health news, alerts and information**, visit [healthvermont.gov](http://healthvermont.gov)

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