



Dickinson-Iron District Health Department

Dickinson County

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News Release

Contact: Molly Sgrecci
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IMMEDIATE RELEASE

HEALTH DEPARTMENT OFFERS INFANT FEEDING EDUCATION CLASSES AND BREASTFEEDING SUPPORT GROUPS

Kingsford, Michigan --December 21, 2012. The Dickinson-Iron District Health Department is excited to announce its 2013 events for their WIC Peer Counseling Program. WIC Peer Counselors provide support and education to pregnant women as they explore their infant feeding options and to breastfeeding mothers as they meet the unique challenges associated with providing optimal nutrition to their infant. Both Dickinson and Iron Counties will again be offering casual meetings designed to promote and support breastfeeding in our communities. These support groups are open to the public and we want to encourage everyone to please come and join us to ask questions, share your experiences, or to just spend time with other women who support breastfeeding throughout our two counties. Iron County groups are held the second Tuesday of every month at 10 a.m. at the Iron County Health Department in Iron River and the Dickinson County groups are held the second Friday of every month at 10 a.m. at the Dickinson County Health Department in Kingsford. Registration is not required.

In addition, we are pleased to also be able to offer classes to the general public that are designed for women who want to learn more about the superior benefits of breastfeeding that will provide lifelong positive health protection to your baby for the rest of their life. Again, both the support groups and the Healthy Start infant feeding classes are available to anyone in our communities who would like to join us. The tentative dates for the classes in Iron County are Tuesday January 22nd, Tuesday March 19th, Tuesday May 28th, Tuesday July 23rd, Tuesday September 24th, and Tuesday November 26th. The tentative dates for the classes in Dickinson County are Thursday January 24th, Thursday March 28th, Thursday May 23rd, Thursday July 25th, Thursday September 26th, and Monday November 21st. All classes will start at 2 p.m. and will last for about an hour. Registration is required. To register for the class in Iron County, please contact Sue at 906-265-9913. To register for the class in Dickinson County, please contact Molly at 906-779-7221. For more information about our WIC Peer Counseling Program or the support groups/classes, feel free to contact Molly at 906-779-7221.

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