



August: Breastfeeding Awareness Month

by Stretch Your Peso

Health and Wellness Tip of the Week Week 33 – Aug 12, 2019

Perks for New Moms

Nursing can be a huge benefit for babies. But did you know it can be good for mom as well? It can help lower chances of getting many health issues such as heart disease, Type 2 diabetes, ovarian cancer and breast cancer.

If you are a new or soon-to-be mom, talk to your doctor to decide if breastfeeding might be right for you.

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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