

August is National Breastfeeding Month



We celebrate National Breastfeeding Month in support of babies and families. This year's theme — *Nourish, Sustain, Thrive* — highlights why protecting, promoting, and supporting lactation is important.

Black Breastfeeding Week is observed August 25–31 to raise awareness among Black mothers about the benefits of breastfeeding — and to help reduce racial disparities in breastfeeding rates.

If you would like to learn more about breastfeeding, please reach out to our Comprehensive Women's Healthcare Services Program. Call us at **(213) 536-5815** or visit our website.



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