



## WILLIAMSON COUNTY AND CITIES HEALTH DISTRICT

### NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

### *Williamson County and Cities Health District Presents Breastfeeding Awareness Family Fun Run/Walk*

July 10, 2009 (Williamson County) –

The Williamson County and Cities Health District (WCCHD) Women, Infants, and Children (WIC) program is preparing for the Annual Breastfeeding Awareness Family Fun Run/Walk on Saturday, August 1, 2009. The month of August has been designated as World Breastfeeding Month, and the theme in Texas this year is, “Breast Milk: Every Ounce Counts.” The goals are to highlight the importance of breast milk for infants as well as the support that is available throughout the community and to make sure that the importance of breastfeeding reaches as many people as possible.

WIC will partner in this event with area businesses and other health care services to provide information on a variety of topics including: child spinal screenings and stress tests, oral health, nutrition for families, and health education programs. There will be live demonstrations and activities for the whole family including self defense, stranger danger awareness, a petting zoo and drawings for prizes. In addition, information about the services provided by WIC and other WCCHD programs will be available.

This year’s event will be held from 8 a.m. to 12 noon at the South West Williamson County Regional Park located at 3005 County Road 175 in Leander, near the intersection of FM 1431 and Sam Bass Road. Registration for this free event will start at 8:30 with the race at 9:00 and activities to follow. Parking for this event is also free. For more information about the upcoming Breast Milk: Every Ounce Counts event, please visit our website at <http://www.wcchd.org>.

Additional information and details about the event are also available by contacting Sandi Halstead-Bohac at [sandih@wcchd.org](mailto:sandih@wcchd.org) or calling 512-260-4241.

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