

## 'World Breastfeeding Week' Events Planned In Contra Costa County

Posted by [Susan C. Schena](#) , July 24, 2014 at 04:20 PM

Join **Contra Costa Health Services** for information, support and fun at several free events planned during the 22nd annual World Breastfeeding Week celebration, from Aug. 1 to Aug. 7.

Research shows that infants who are breastfed for at least the first six months experience five times fewer illnesses, three times fewer ear infections and are less likely to develop asthma or become obese. Mothers who breastfeed lose postpartum weight faster and have lower risks of ovarian and breast cancer.

### **Saturday, Aug. 2 (Antioch)**

Moms and families are welcome at the Contra Costa County Community Baby Shower, focused on fighting health disparities affecting African-Americans, from 9 a.m. to 3 p.m. at Grace Bible Fellowship of Antioch, 3415 Oakley Rd., Antioch. The event includes free food, workshops, access to health resources and fun prizes. For information or to register, call 925-646-5200.

### **Monday, Aug. 4 (Martinez)**

The "Breast Milk Express" pulls into the main lobby at Contra Costa Regional Medical Center from 10 a.m. to 2 p.m., carrying experts and resources to support breastfeeding, from prenatal help to postpartum outpatient services. Please join us at 2500 Alhambra Ave., Martinez.

### **Tuesday, Aug. 5 (Martinez)**

The "Breast Milk Express" returns to the Contra Costa Regional Medical Center lobby, while the Contra Costa WIC Program staffs a Lactation Station at the Farmers' Market in the parking lot with lactation supplies and experts who offer hands-on advice and a quiet spot to nurse. Join us from 10 a.m. to 2 p.m. at Contra Costa Regional Medical Center, 2500 Alhambra Ave. in Martinez.

### **Wednesday, Aug. 6 (Concord and Brentwood)**

Contra Costa WIC Program hosts afternoon celebrations at clinics in Concord and Brentwood, featuring education and referrals, nutrition information and games for breastfeeding moms and WIC consumers. The Food Bank of Contra Costa and Solano Counties will offer free produce. The events run from 1:30 p.m. to 4:30 p.m. at 2355

Stanwell Circle in Concord and 171 Sand Creek Road, Suite A, in Brentwood.

**Thursday, Aug. 7 (Pittsburg and Richmond)**

Contra Costa WIC Program hosts afternoon celebrations at clinics in Pittsburg and Richmond with the same attractions, including free produce from the Food Bank. The events run from 1:30 p.m. to 4:30 p.m. at 2311 Loveridge Road in Pittsburg and 100 38th Street in Richmond.

***For more information, contact your healthcare provider or call the Contra Costa Breastfeeding Advice Line at 1-866-878-7767. Additional breastfeeding resources are available at [cchealth.org/services/breastfeeding/](http://cchealth.org/services/breastfeeding/).***