

NEWS RELEASE
FOR IMMEDIATE RELEASE
Aug. 1, 2012

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Breastfeeding peer group for moms and moms-to-be celebrates first birthday

(Lawrence, KS) – B.I.B.S. — Breast is Best Social will mark its first anniversary at the group's weekly meeting Wednesday, Aug. 8, with a special mom and baby yoga session. B.I.B.S. is a free, peer group for women seeking to learn about breastfeeding.

The free event, which starts at 6:30 p.m. at the Lawrence-Douglas County Health Department, 200 Maine St. in Lawrence, will also celebrate World Breastfeeding Week. Tina Haladay, a local yoga instructor, will lead moms and babies in various yoga poses. Refreshments and door prizes will also be part of the night's activities. Attendees are encouraged to dress comfortably and bring a yoga mat.

B.I.B.S. meets at 6:30 p.m. each week at the Health Department and is facilitated by certified breastfeeding counselors in a relaxed, come-as-you-are environment. Attend as often as you like. For more information on B.I.B.S., visit the Health Department's website at ldchealth.org, look for the Douglas County Breastfeeding Connection on Facebook or call **(785) 843-3060**.

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