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Mothers Invited to Join Lee Health for the Global Big Latch On

(Fort Myers, Fla. – July 25, 2018) --- Lee Health is once again inviting mothers to participate in the Global Big Latch On to raise awareness of the benefits of breastfeeding and the need for global support. The annual event is held during World Breastfeeding Week in various locations around the world.

This year, Lee Health’s Global Big Latch On events will take place:

- Friday, Aug. 3, 10 a.m. at the Healthy Life Center – Cape Coral, 609 SE 13th Ct.
- Saturday, Aug. 4, 10 a.m. at the Healthy Life Center - Estero, 23190 Fashion Court, Suite 105

“The Global Big Latch On helps raise awareness of the benefits of breastfeeding,” explains Nancy Travis, RN, director, Women and Neonatal Services, Cape Coral Hospital. “The hope is that breastfeeding will become more accepted as part of everyday life, and more women will be encouraged and supported to breastfeed as long as possible to maximize the benefits for mom and child.”

In addition to the Global Big Latch On at the Healthy Life Center - Estero, there will be Mommy and Me Yoga from 9-10 a.m. (space is limited; RSVP required to 239-495-4475)

The first Big Latch On took place in New Zealand in 2005, and has grown into a global event.

The World Health Organization recommends breastfeeding exclusively for the first 6 months of life, then continued breastfeeding and appropriate complementary foods up to 2 years of age, or beyond, as mutually desired by the mother and child.

Benefits of breastfeeding:

- Breast milk provides all of the nutrients your baby needs for the first 6 months of life.
- Breastfed babies have fewer allergies, stomach problems, and respiratory and ear infections.
- Breast milk is free and convenient. You always have a supply and it is always the perfect temperature.
- Breastfeeding is good for the environment—there is no trash to discard.
- Moms who breastfeed have a lower risk of breast cancer

For more information about the Global Big Latch On, please call Cape Coral Hospital at 239-424-3210 or the Healthy Life Center at 239-495-4475.

About Lee Health

Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A non-profit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Formerly known as Lee Memorial Health System, the organization began its second century of service with a new name in 2016. Learn more at www.LeeHealth.org.