



Live Well

August 2015

Fun Ways to Keep Moving in the Heat of August!

The brutal heat of August in Florida can be a deterrent to getting outside for some fresh air and physical activity. So here are some fun opportunities to enjoy at the end of the day, after the sun starts to set!

First Fridays Artwalk in the Village of the Arts: Friday Aug. 7th, 6 to 9:30 PM. Enjoy a walk through the Village and discover art galleries, specialty shops, food and live music during this monthly event. You can start your walk at 1113 12th St W. in Bradenton's Village of the Arts.



Sunset Yoga at Coquina Beach: Mondays at 7:30 PM. Experience a restorative yoga class, while enjoying the beautiful colors of the sunset, with Certified Yoga Instructor Sarah Boler. Participants can make a donation for the class. For more information, go to Facebook, Sarah Boler Everyone Knows Wellness or call 941-704-5324.



National Breastfeeding Awareness Month

August is National Breastfeeding Awareness Month. The purpose of this national campaign is to empower women to commit to breastfeeding. Research shows that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses and may be less likely to develop childhood obesity. Additionally, their risk of SIDS is reduced by as much as 50%.



Fortunately for Manatee County women, and their families, there are several resources to help support them in their efforts to breastfeed:

- **WIC** (Women, Infants, and Children program): This nutrition program offers breastfeeding support, along with nutrition education and healthy foods for women and babies who qualify. WIC will host an indoor breastfeeding health fair, open to the public, on August 12 from 1 to 3 PM at their main office, 212 6th Ave. East in Bradenton. For more information, call 941-741-3100.
- **Healthy Start Coalition of Manatee County:** This maternal-child health program offers its enrollees free breastfeeding education and support through a certified lactation counselor. For more information, visit www.hsmanatee.com or call 941-708-6111, ext. 103.
- **Suncoast La Leche League:** This is a peer support group for breastfeeding moms and mothers-to-be that meets monthly. For more information, visit suncoastlll.wordpress.com or see their facebook page, Suncoast La Leche League.

August is Children's Eye Health Month

August is National Children's Eye Health Month. According to the American Optometric Association, children should have their first eye exam at age 6 months, again at age 2 and at age 4, before starting school. Unfortunately, only 14% of children under the age of 2 will have an eye exam. Statistics show, one in 10 children are at risk for developing a vision problem.

According to Ashley Masuga, OD, FAAO, with InFocus Family Eye Care, eye examinations are so important to the well being of children, and with early diagnosis and prompt treatment of any eye or vision disorder, we can ensure healthy sight for a lifetime.

According to Dr. Masuga, the following are signs that your child may have a vision issue:

- An eye that drifts or appears "lazy" after the age of 6 months
- Rubbing of the eyes when the child is not tired
- An eyelid that droops
- A pupil that appears white in photographs
- A head tilt or turn when trying to look at something
- A child that has to move close to see images and objects



"InFant See" is a program that offers a comprehensive eye exam to all children under one year of age. This program was designed to bring awareness to parents and to educate families on the importance of eye exams. Take your children in for an eye exam and guarantee them good sight for a lifetime!

For information on the program or to find a provider, visit www.InfantSee.org.

Live Well is a monthly publication created by the Florida Department of Health in Manatee County. To request additional copies, please call: 941-748-0747 ext. 1492.