

TCRHCC Celebrates Indigenous Milk  
Medicine Week & National Breastfeeding Month

# Breastfeeding Awareness Walk

Join us for our 3K walk to support breastfeeding families and promote the importance of breastfeeding benefits for newborns & mothers.

## Wednesday, August 14, 2024

- ❖ 5:30 PM (DST) Family 3K Walk Starts
- ❖ 6:30 PM (DST) Announce Raffle and Stroller Contest Winner

**Join us for a stroller decorating contest!**  
Get creative and show off your decorating skills in our Stroller Decorating Contest.

**Plus, a raffle for participants at the end!**  
Don't miss out on the fun and a chance to win prizes! Do not need to be present to win.



### Disclaimer for Walk Participants:

Participation in this walk is voluntary. By joining, you agree to assume all risks associated with the event, including but not limited to personal injury or property damage. Please ensure you are in good health and capable of participating in physical activities. We recommend consulting with a healthcare provider before participating if you have any health concerns. The organizers are not responsible for any injuries or incidents that may occur. By participating, you consent to abide by all event guidelines and instructions from organizers.



**Tuba City**  
Regional Health Care Corporation

**Strongly encourage safe distancing and wear a mask.**