



GOVERNOR ARNOLD SCHWARZENEGGER

## PROCLAMATION

Of the most basic bonds a baby forms with its mother, breastfeeding is the lasting foundation for physical, emotional and nutritional benefits. In the first six months of life, breastfeeding provides infants the most complete form of nutrition, supporting optimal growth and development and reducing incidence of illness and death.

Research has also shown that nursing mothers enjoy long-term health advantages, including decreased risk of osteoporosis and breast and ovarian cancers.

Each August, organizations across our state promote the importance of breastfeeding. This year, in conjunction with World Breastfeeding Week, the California Department of Health Services will collaborate with local groups to educate, support and help women to breastfeed exclusively for the first six months.

**NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER**, Governor of the State of California, do hereby proclaim August 2004, as "Breastfeeding Awareness Month."



**IN WITNESS WHEREOF** I have here unto set my hand and caused the Great Seal of the State of California to be affixed this 30th day of July 2004.

Arnold Schwarzenegger  
GOVERNOR OF CALIFORNIA

Attest:

Kevin Shelley  
SECRETARY OF STATE