



## Breast is best

### Description

**Breastfeeding is more than just a means of feeding – it is a lifeline that positively impacts the nation’s health.**

World Breastfeeding Week (1-7 August) aims to promote and support breastfeeding globally, with the World Health Assembly (WHA) aiming to increase exclusive breastfeeding of infants up to the age of six months to 50% as part of its Global Action Plan to Address Malnutrition. This is especially critical in South Africa, where malnutrition and food insecurity is a major concern.

Recognising the challenges that working mothers face, AfroCentric has private, comfortable mother rooms equipped for nursing moms to breastfeed and express milk.

# NATURE'S PERFECT FOOD

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Breastfeeding holds a host of benefits for both mom and baby, from stronger immunity and better nutrition to protection from disease and better bonding.



## Category

1. Our Wellness

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