



**SAVE MONEY BY:**

Not having to pay for formula

Fewer doctor's visits for mom and baby

Fewer sick days

# BREAST IS BEST! SAVE MONEY & STAY HEALTHY

## Harrah's Resort Supports Breastfeeding!

Ask HR about a **FREE** breast pump through the Affordable Care Act from CIGNA or WIC. Ask your supervisor or visit [www.breastfeeding.org](http://www.breastfeeding.org) to learn more about pumping at work.

Made possible by funding from First 5 San Diego through the County of San Diego Health and Human Services



**OTHER BENEFITS OF BREASTFEEDING INCLUDE:**

Helps you lose your pregnancy weight faster

Helps keep your baby from getting sick

Less likely your child will be obese

Lowers your risk of some types of cancers