

Branch-Hillsdale-St. Joseph Community Health Agency

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FOR IMMEDIATE RELEASE

Happy Mother's Day!

(Coldwater, MI) Being a mom is one of the most rewarding experiences in life. On Mother's day, we celebrate our moms...the women who gave us life; sat up with us when we were sick; made our lunches and sometimes, even sent that little note that made us smile and feel loved. Moms hold a special place in our hearts.

Being a mom in this day and age is a tough job. The Branch-Hillsdale-St. Joseph Community Health Agency is here to help. Through our WIC (Women, Infants and Children) Program, we offer food and education which can help you be the best mom you can be. Are you a first time mom and wondering about this baby growing inside? We provide prenatal classes so you can learn what to expect during your pregnancy and then afterwards when the baby is born. Have a question about breastfeeding? Our breastfeeding peer educators can come along side and can answer questions and sometimes even provide breast pumps and supplies so that you can be a successful nurser. Not sure how to feed your family a healthy diet? We assist you by providing both healthy foods and recipes to help you prepare nutrition and delicious meals. These are just some of the ways your local WIC Program supports you in being a good mom and even more important, having a healthy family.

WIC is a supplemental food and nutrition program that is free of charge for participants. It is designed to correct or prevent poor nutrition in pregnant, postpartum or breastfeeding women, infants and children up to age five who are at risk for poor health. WIC provides supplemental food, offers professional nutrition education, and makes referrals based on health screening and assessments of need. To learn more about the WIC program and to find out if you are eligible, just contact the health department or visit our website at www.bhsj.org

On behalf of the Branch-Hillsdale-St. Joseph Community Health Agency, we want to wish all the mothers, whether young or old, a very Happy Mother's Day!

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