

# HEALTHY BEGINNINGS



## MATERNAL & CHILD HEALTH EDUCATION

FORSYTH COUNTY DEPARTMENT OF PUBLIC HEALTH

799 HIGHLAND AVENUE, WINSTON-SALEM, NC 27101

(336) 703-3183 OR (336) 703-3391

**Healthy Beginnings** is a case management service that provides a support system for minority women in the community during their pregnancy and up to two years after delivery.

We help make pregnancy, childbirth, and the early toddler years an enjoyable and healthy experience for the whole family. All services are **free of charge!**

**Benefits of the program:** education on health topics for mom and baby, meet-up events with other participants, transportation to and from medical appointments, breastfeeding and family planning support, supply of multi-vitamins with folic acid, referrals to other community agencies, and more!

**Program qualifications:** Forsyth County resident, pregnant or within 60 days after delivery, agree to one-on-one case management with 6 home visits a year, cannot be enrolled in Nurse Family Partnership or Baby Love Plus.

