



Healthy Start

The Healthy Start program provides services and support for pregnant women. The program helps them with having a healthy pregnancy and healthy baby. Please call 850.488.0288 or click [HERE](#) to go to the website to learn more.

Services

- Healthy Pregnancy & Parenting Education
- Childbirth Preparation
- Nutrition Education
- Stress management & Emotional Support
- Child Development Education
- Breastfeeding Education & Support
- Women's Health Education & Support
- Help to Quit Smoking
- Care Coordination

Service Location

2650 Apalachee Parkway
Tallahassee, FL 32301
United States

850.488.0288

Provider



URL

<https://capitalareahealthystart.org/>

This group is called CAHSC for short. It is a nonprofit. The group is a community coalition that works to improve the health of infants and their families. It offers many programs and initiatives.

Programs & Services:

- Breastfeeding education and support
- Childbirth preparation
- Community Referrals
- General Support
- Help to quit smoking
- New baby care
- Nutrition education
- Parenting education and support
- Pregnancy health education
- Stress management and emotional support

Public Email

info@capitalareahealthystart.org

Address

1311 N Paul Russell Rd Ste A101

Tallahassee, FL 32301

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850.488.0288

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