



The Healthy Start program provides services and support needed by pregnant women to have a healthy pregnancy and healthy baby. Every woman who receives a positive pregnancy test from her health care provider is offered a Prenatal Risk Screen. This screen helps us identify any risks that could negatively affect you and the baby. Healthy Start services are no charge to you and include:

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

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