

# BLACK INFANT HEALTH PROGRAM WE'RE VIRTUAL



- Learn about health & wellness
- Increase self-empowerment
- Resources & referrals provided
- Receive maternal support
- Learn stress reduction tools
- Set goals to plan your future

## Weekly Online Group Sessions

### Eligibility:

- Self-identify as African-American
- 18 years or older
- 30 weeks or less pregnant

## One-on-one Support

### Eligibility:

- Self-identify as African-American
- Pregnant or less than 6 months postpartum
- 16 years or older



Public Health  
Black Infant Health

EARN REWARDS AS YOU PARTICIPATE

FREE TO ATTEND

1-844-352-3985