



**Public Health**  
Prevent. Promote. Protect.

# Kanabec County Community Health

## Health Programs for You & Your Family

### Car Seat Program

Certified Car Seat Technicians provide education and free car seats to eligible families. Contact us for more information.



### Breastfeeding Support/Lactation Consultant

Our nurses provide support and information about breastfeeding to pregnant and postpartum women during home visits, at our office, or over the phone. All of our nurses are certified lactation counselors and offer free consultations, either before birth or after delivery.

#### **New! Breastfeeding Support Group**

Open to all breastfeeding or expecting moms. This is a group by moms, for moms. Come meet other local moms and enjoy an afternoon out! Contact us for updated meeting times.



### Follow Along Program

A fun and easy way to learn about your child's health and development. Provides ideas about what to teach and at what age to teach it. Questionnaires are mailed out every 4-6 months until your child's 3rd birthday. Includes personalized information about fun activities for you and your child to do together.

### Child & Teen Check-ups

Health screenings include a complete physical and measures your child's growth and development.

### Women, Infants & Children (WIC)



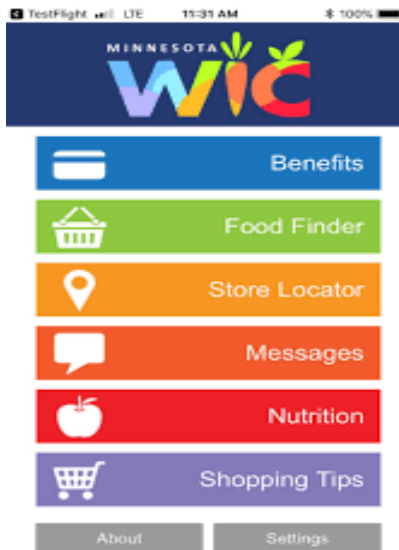
#### **What is WIC?**

- \* Nutrition and breastfeeding program
- \* Healthy eating tips and advice
- \* Breastfeeding support and guidance
- \* Healthy foods such as milk, cheese, fruits, vegetables, cereal, and infant formula, as well as tasty recipes
- \* Caring and supportive staff

#### **Am I Eligible?**

- \* Many working families use WIC
- \* Families who receive Medical Assistance qualify for WIC
- \* You do not need to be a U.S. Citizen

Call us at 320-679-6323 for more information or to get started today

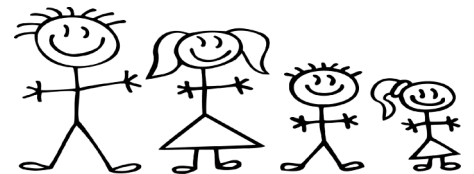


**Now Available: eWIC Card and App**

### Family Home Visiting Services

Are you pregnant? Do you have children under 5 years old? Then Family Home Visiting might be for you! We offer personalized visits in your home to offer parenting support and growth and development information. Families ask questions and discuss: pregnancy, physical and emotional changes, labor and delivery, nutrition, breastfeeding, immunizations, blood pressure checks, over all well-being, and more.

*Family Home Visiting is based upon respectful and trusting relationships. Our goal is for families to receive free services and a seamless coordination of care between providers.*



### Immunization Program

Are you on a Minnesota Health Care Plan, uninsured, or underinsured you may be eligible for free vaccines at Public Health.

### Kindness Counts

*"Diana and Ellie have been so friendly to me and my kids during our WIC visits. I always leave my appointment feeling like a better mom. Thank you"*

### Keep In Touch!

Please call us to learn more about the services we offer: 320-679-6330

**Website:** [http://www.kanabecounty.org/departments/public\\_health.php](http://www.kanabecounty.org/departments/public_health.php)



Kanabec County Family Health



@kanabecountyfamily

