

PUBLIC HEALTH WORKS!



Nutrition and WIC Staff

Clinton County Health Department

- ◆ Provides food and nutrition counseling to women who are pregnant, postpartum and breastfeeding.
- ◆ Helps families with infants and children under 5 years with nutrition guidance to assure children get a nutritious start in life.
- ◆ Connects moms with peer counselors who offer breastfeeding encouragement, information, and support.
- ◆ Assists local schools with nutritious food choices for students.
- ◆ Encourages residents to eat healthy and increase their physical activity through motivating programs like *Be Active Clinton County*.
- ◆ Helping you eat healthy and keeping active, that's what the Nutrition and WIC staff are all about!

Nutrition Services is how

PUBLIC HEALTH WORKS!

Public Health is Working
Every Day to Keep You
and Your Family Healthy!



For more information on public health
in Clinton County, call: 565-4840.
www.clintonhealth.org

