

May 6, 2022

CELEBRATING MOTHERS AND MOMS-TO-BE

Public Health Programs Support Families Year Round



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Martin County, FL – While May 8 is designated as Mother’s Day, the Florida Department of Health in Martin County (DOH-Martin) celebrates the important role that moms play in the lives of their families every day.

DOH-Martin programs that support new moms and moms-to-be as they work to keep their children healthy and well-nourished include:

- **Healthy Start**
Raising a thriving child begins in the earliest stages of pregnancy. Our care coordinators provide educational support and services throughout pregnancy and after the birth of the baby including childbirth education, newborn care, breastfeeding and parenting support.
- **WIC & Nutrition**
Pregnant women and growing children need high quality nutrition to thrive. Our WIC staff work closely with families to provide access to wholesome food, nutrition education and referrals for health care, when needed. Lactation consultants and peer counselors offer advice, support, and breast pumps for qualifying clients.

To learn more about public health programs available in Martin County visit:
www.MartinCountyHealth.com

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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