

# Pregnant? A New Mother? Have Young Children?



WIC is a nutrition program for women, infants and children.

WIC provides the following at no cost:

Healthy Foods • Nutrition Education and counseling  
Breastfeeding support • Referrals for health care



140 Hammond St.  
Port Jervis, NY 12771

**CALL FOR YOUR APPOINTMENT TODAY!**

**(845) 856-8156**

Hours: Monday - Friday 8:30am - 4:30pm

[www.MCHCcares.org](http://www.MCHCcares.org)

Size: 10.5" x 6.5" \_\_\_\_\_