

SHINE Presents March's Resource Of The Month



WIC Nutritional Services:

- ⇒ Helps pregnant women, new mothers, and children up to 5. They learn about nutrition, such as healthy food choices and how to improve overall health.
- ⇒ Research has shown poor nutrition during early childhood increases the chance of anemia, memory development, etc.
- ⇒ WIC is a free program for those who qualify. Check out the "Do I Qualify" section on <https://www.mfhs.org/>



WIC services include

- ⇒ Iron deficiency screenings
- ⇒ Immunization record checks
- ⇒ Dental health counseling
- ⇒ Individual counseling and referrals for other health and human services
- ⇒ Vouchers to help families purchase nutritious foods high in vitamins and minerals

Wilkes-Barre Center

250 Old River Road

Wilkes-Barre, PA 18702

570-823-1516 Fax: 823-4665

Hazleton Center

10 W Chestnut St. Suite 7

Hazleton, PA 18201

570-459-1805 Fax: 570-459-0462

*For more information on other locations, please visit

<https://www.mfhs.org/>