

# Building a Legacy of Health and Wellness

The BIH Program focuses exclusively on empowering **Black and African American** women by connecting them with the vital care and support needed to promote healthy behaviors during pregnancy and continuing after her baby is born.

## Our Services:

- Gain support from other women
- Learn what to expect when pregnant
- Nurture and bond with your baby
- Get infant care and feeding tips
- Manage and reduce stress
- Support services from our Mental Health Professional
- Individual Client Plan
- Health and family support referrals
- Participation incentives and resources

## Eligibility:

- Self-identified African American or Black woman
- At least 18 years of age at enrollment
- No more than 30 weeks pregnant

