



# OCHD



# HEALTH & NUTRITION OPEN HOUSE

2019 NATIONAL NUTRITION MONTH

[WWW.OCHD.ORG/WIC](http://WWW.OCHD.ORG/WIC)

**ATTENTION WIC PARTICIPANTS AND OCEAN COUNTY RESIDENTS!!!**

## MARCH 19, 2019 | 10 AM – 2PM

LAKWOOD WIC | 1771 MADISON AVENUE | LAKWOOD NJ, 08701

## *Free* CLASSES & SERVICES

- ONSITE RECIPE DEMONSTRATIONS
- DENTAL AND ORAL HEALTH  
(EXCHANGE YOUR BOTTLE FOR A SIPPY CUP)
- PRENATAL NUTRITION
- IRON EDUCATION
- HEALTHY WEIGHT
- DIABETES EDUCATION

- BREASTFEEDING CONSULTS
- BLOOD PRESSURE SCREENINGS
- CHOLESTEROL SCREENINGS
- GLUCOSE SCREENINGS
- PREGNANCY TESTS
- ASTHMA EDUCATION
- MUCH MORE!

OCEAN COUNTY SOCIAL SERVICE AND HEALTHCARE AGENCIES WILL BE AVAILABLE TO ASSIST YOU IN SIGNING UP FOR THEIR PROGRAM AND ANSWERING YOUR QUESTIONS

PROUDLY PRESENTED  
IN COOPERATION WITH  
SOME OF OUR  
COMMUNITY PARTNERS

