

## HEALTH FOR TWO PROGRAM

*Health for Two is a prenatal program that offers health information, nutrition and support to promote the health of pregnant women and babies.*

### **Prenatal Health Information:**

Health for Two provides practical, easy-to-use information on prenatal health and infant care. Agency staff and community health nurses can answer your questions about your health and your baby=s growth.

### **Nutrition:**

Pregnant women receive milk coupons and prenatal vitamins, to help women eat well during pregnancy.

### **Support:**

Health for Two connects women to community agencies, health services, and other women in their neighbourhood. Women receive practical and social support from agency, community and health workers.

### **How to Contact the Health for Two Program:**

Health for Two is offered by Public Health Centres and over 30 community agencies in the Capital Region. For more information or to connect with a site near you, contact one of the following coordinators:

#### **Coordinator - Central Edmonton**

Trudy  
Phone: 780-914-4778

#### **Coordinator - West Edmonton**

Helen  
Phone: 780-718-0250

#### **Coordinator - North Edmonton and St. Albert**

Heidi  
Phone: 780-910-5270

#### **Coordinator - South Edmonton, Leduc/Leduc County, Strathcona County**

Wilda  
Phone: 780-466-7581