



# A Healthy Baby Begins with You

Let's face it. Caring and planning for your baby begins long before you see your baby's precious little face. Living a healthy lifestyle. Reducing stress. Eating healthy. Getting prenatal care. It's all part of the plan for a healthy baby. Learn the steps you need to take to ensure your baby's health. Call 1-800-444-6472. You hold the future in your hands.



Office of Minority Health  
U.S. Department of Health and  
Human Services  
[www.omhrc.gov](http://www.omhrc.gov)