

Attention Women!

Community Health Worker Services

This is what we can do

Help You With...

- Health Insurance
- Finding a Doctor / Dentist
- Connections to Services
- Dental Health Education
- Nutrition / Food Resources

Help You With...

- Family Planning
- Baby Needs
- Quitting Smoking
- Counseling Services
- Breastfeeding Support

Help You With...

- Parenting Support
- Safe Sleep Education
- Prenatal Planning
- Postpartum Support
- Reproductive Health

And much more!



Call your
Community Health Worker
to schedule your home visit today

315-801-5011 (*Herkimer County*)
315-801-5014 (*Oneida County*)

Free Help With Achieving A Healthier YOU!

