



May is Women's Health Month
Health Looks Good at Every Age!
Schedule Your Yearly Checkup: Get Active: Eat Healthy



May is Asthma Awareness Month

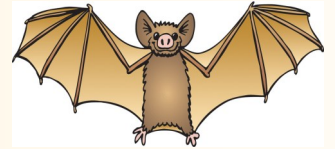
Your Doctor or Asthma Educator can provide some good tips for improving your asthma symptoms
Pair a Puffer with a Spacer. Stay Active! Exercise Regularly
Swimming and Singing are both great for your lungs!

Health & Wellness

Bats play an important role in nature but may also carry rabies

Rabies is a deadly virus that attacks the nervous system.
Watch Albany County Department of Health's video on safe ways to capture bats at:
<https://on.ny.gov/2GDeWSV>

Or contact Albany County Department of Health for more info **(518) 447-4620**



This Month at the Women's & Children's Health Education Center



Breast Feeding Support Group 5/2, 16 & 30 1-2:30pm Mercy Conf Rm 6
Post Partum Support Group 5/14, 2-3pm Mercy Conf Rm 6
Parents of NICU Babies Support Group 5/21, 5:30 (dinner provided meet RSVP 518-525-1288)
Prepared Childbirth Class for Expectant Teens 5/15, 6-8pm registration required
Variety of Classes available call (518) 525-1388 or visit www.sph.com/classes-events



Tired of Using Your WIC Checks?

Starting May 2018, Whitney Young Health WIC and Albany Medical WIC will be switching over to the EBT Card. No more sorting groceries, no more having to get everything on the checks, no more holding up lines at the store!

Need a gallon of milk? Just swipe your card and go!

Parents & Families



Cornell Cooperative Extension Presents:

Strengthening Families for Youth Ages 12-16 and Parents/Caregivers

Weekly starting 5/3/18 for 5 weeks— Attendance is expected at all 5 classes
Howe Public Library. Advanced registration required. Call **(518) 765-3559**



Happy Mothers Day to all of the Mothers, Grandmothers and Aunts that make this a wonderful world!



Other Services

Blessingdales Clothing Center
Clothing and Household Items

Women's Hours: Wednesday and Friday
9:00-11 am and 1:00-3:00



Provided by Capital City Rescue Mission
95 Trinity Place Albany NY

Call **(518) 462-0459 ext. 258**



Center for Law and Justice: Thursday Service Day

220 Green Street, Albany NY

- financial experts, attorney (s), health navigators/info and community resources
- From 10am-5pm, Call to make an appointment **(518) 427-8361**



The Center for Law and Justice



Albany County Offers Services for Women, Infants, & Children

If you need assistance connecting with community resources, navigating government programs, learning about your pregnancy and how to best care for yourself and your family, contact the

Single Point of Entry (SPOE) line : (518) 447-7777, Monday-Friday 8:30-4:30

Operators available to answer questions, offer support and make referrals to medical and dental providers, counselling, self-care education and more

