



Long Beach

BLACK INFANT HEALTH

Program

"Improving health among
African-American mothers and their babies"

FREE GIFT UPON ENROLLMENT!

PROGRAM SERVICES

- Group Sessions with Healthy Meals
- Transportation Assistance (to and from sessions & doctors appointments)
- Individual Life Planning & Individual Case Management
- Health & Family Support Referrals
- Support Services from a Public Health Nurse and Social Worker
- Specialty Workshops in Breastfeeding, Nutrition, Parent Education and more!

ELIGIBILITY

- African American woman (18 years or older)
- Currently 30 weeks or less pregnant
- Living in or delivering baby in Long Beach

FOR MORE INFORMATION

562.570.4323

WWW.LONGBEACH.GOV/BIH



LONGBEACH
HEALTH & HUMAN SERVICES

**black
infant
health** 

Empowering Pregnant and Mothering
African American Women



@LBHealthDept

#LBBIH