

Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program
118 Prospect Street, Suite 300, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

Dental Clinic for infants and children

Monday, September 12; 8:30 a.m.–2:00 p.m.

Vermont Department of Health

118 Prospect Street, Suite 300; White River Junction

Dental health is important for your child's overall health. Come visit! A registered dental hygienist will be on-site to provide oral health education, dental check-ups, and fluoride varnishes.

Please call 888-253-8799 for an appointment.



Fit WIC fun

Wednesday, October 19

9:30–11:00 a.m.

United Church on the Green

67 South Windsor Street

South Royalton

Play actively every day for fun and fitness! WIC will be joining the Orange County Parent Child Center playgroup to explore some fun ways we can move our muscles and be active. Each family will take home a Fit WIC activity book full of activities you can try at home with the kids.

**All activities are FREE
of charge!**

Breastfeeding: Making it simple

Wednesday, November 16

Noon–1:00 p.m.

Vermont Department of Health

118 Prospect Street, Suite 300

White River Junction

This group offers support to pregnant moms considering breastfeeding as well as continuing support to breastfeeding mothers. WIC staff will share information on infant feeding cues and sleep patterns. Learn from other moms' experiences as you help each other brainstorm solutions to any difficulties you may have heard of or are experiencing. Getting support can help you meet your personal breastfeeding goals. Dads and grandparents are welcome, too!

Call 1-888-253-8799 for more information.