



CITY OF BANGOR

Please Join us!



Bangor Public Health & Community Service's Maternal and Child Health Program is holding free group educational sessions for families.

Join via Zoom on the 3rd Tuesday of each month to meet with a public health nurse to discuss important maternal and child health topics as well as other information relevant to all families. All are welcome!

Next Session: Tuesday, January 18, 2022 @ 9:30–10:30 am

Topic: **Deb Weiskittel** from our Health Promotion Team will discuss: **“Feeding Tips for Families”**

To Register: E-mail phn@bangormaine.gov, call 207-992-4554

Or join here:

<https://us02web.zoom.us/j/88604096822?pwd=OExlbkVnbmZRTGtKSi9sc3dyNkpiZz09>





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& COMMUNITY SERVICES