



If you're pregnant or a new mom, there is new free service called **Text4baby** that can help keep you and your baby healthy.

Text4baby will send 3 text messages each week to your cell phone with expert health tips to help you through your pregnancy and your baby's first year. It's free to sign up and the messages are free.

You can also sign up and find out more at www.text4baby.org.

Text4baby is an educational service of the National Healthy Mothers, Healthy Babies Coalition.

Produced by the Nassau County Department of Health Perinatal Services Network

Text BABY to 511411—its Free!