



**Public Health**  
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Champaign-Urbana Public Health District

## **FOR IMMEDIATE RELEASE**

February 14, 2017

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### **CUPHD will Hold Special Saturday WIC Clinics in March**

#### ***Weekend hours make WIC convenient for working families***

**Champaign, IL** – Every Saturday in March the Champaign-Urbana Public Health District (CUPHD) will hold special Women, Infants, and Children (WIC) clinic hours. Saturday visit hours are a great option for working families that find it difficult to schedule WIC visits during weekdays.

The Women, Infants, and Children (WIC) program provides nutrition counseling and healthy food to low-income pregnant women, infants, and children up to age 5. WIC is effective in improving the health of women and their infants, and it provides comprehensive services to families. In addition to nutritional support, CUPHD family case managers support women through their pregnancies and their baby's first year in all aspects of their lives.

"CUPHD holds Saturday WIC clinics two months each year in the hope that we can serve families that can't come in on weekdays," said Brandon Meline, CUPHD Director of Maternal and Child Health. "We want WIC to be accessible to all low-income women and children in Champaign County."

The Saturday clinics will be held March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup> from 10 am-1 pm at the Champaign-Urbana Public Health District. The clinic is walk-in (no appointments are necessary). Families should bring their children, identification, and proof of income in order to sign up for WIC.

WIC is a federal program established in 1972. Research has shown that women who participate in the program during their pregnancies have lower healthcare costs, longer gestation periods, higher birth weights, and lower infant mortality.

For more information, call (217) 531-4319 or go to [www.c-uphd.org/wic.html](http://www.c-uphd.org/wic.html).

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