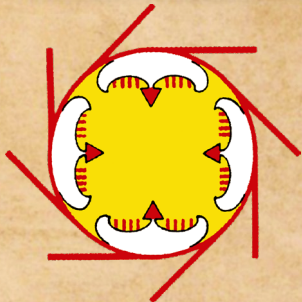


**Breastfeeding
gives them
the best foot
forward.**



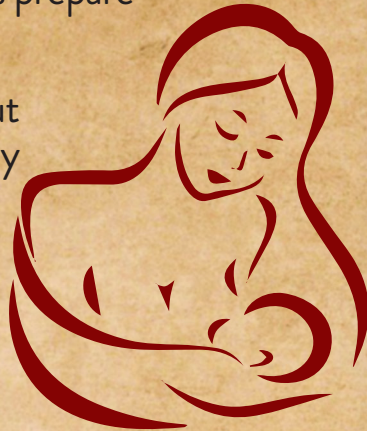
The goal of the **Penobscot Nation Health Department** is to provide **readily available, comprehensive, quality care** to members of the Penobscot community, the Penobscot Nation, and other eligible persons. A **wide range of services** is available including family medical care, family planning, prenatal, pharmacy, medical laboratory, dental, community health case management, nutrition counseling, health promotion and disease prevention, diabetes control and prevention, mental health counseling, substance abuse counseling, substance abuse counseling and prevention, and environmental health services. In addition, specialty contract health services are available to those who meet the eligibility criteria.

Breastfeeding has kept our people and traditions strong since the beginning of time.

The **Penobscot Nation Health Department** recognizes this and now has a **Maternal/Infant Health & Wellness Program** to support you in your decision to breastfeed your child.

The program will:

- provide support throughout pregnancy by helping expecting mothers prepare for breastfeeding
- provide support throughout the breastfeeding period by helping mothers work through any challenges
- provide necessary breastfeeding supplies



This program is staffed by two trained breastfeeding specialists:

Crystal Sutton, Nurse Practitioner
Margo Downing, Registered Nurse

If you would like more information on this program, please call us at **817-7430**.

Open Monday-Friday
8:00 am-4:30 pm