

If you have a child under age 5 or are pregnant or breastfeeding, join us at

Hastings Community Center Cafeteria 400 East Harris St, Hastings, FL 32145

Wednesday, December 11 9 a.m-4 p.m.

WIC provides the following at no cost:

- · Healthy food.
- · Nutrition education and counseling.
- Breastfeeding support.
- Referrals to health care, immunizations, and community services.

Contact WIC today at **904-506-6081**

This institution is an equal opportunity provider.

