


Healthiest Babies Possible

Healthiest Babies Possible (HBP) is a free prenatal outreach program for women who need extra support during their pregnancy.

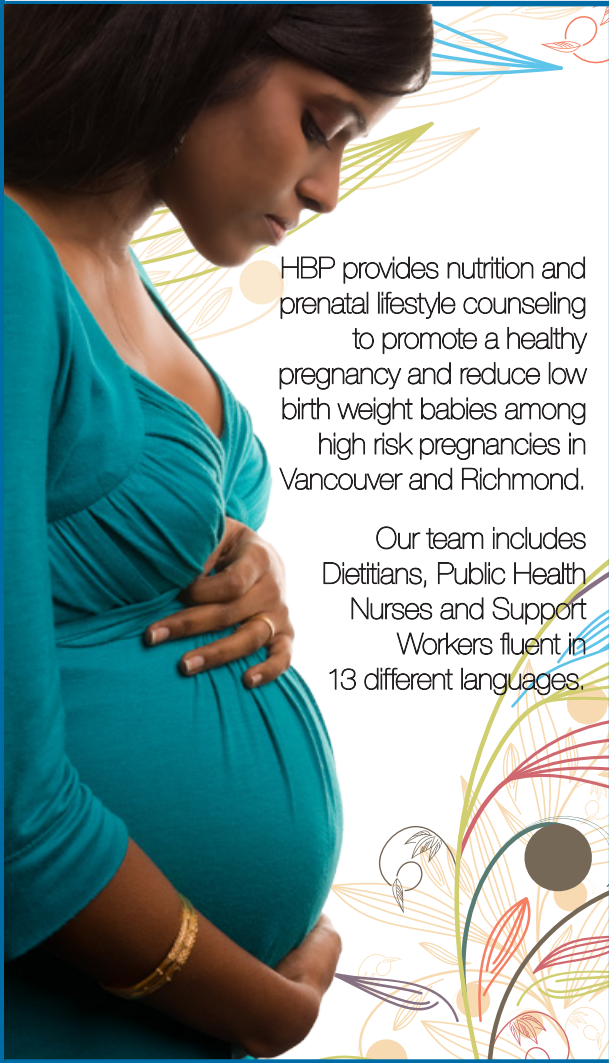


HBP provides nutrition and prenatal lifestyle counseling to promote a healthy pregnancy and reduce low birth weight babies among high risk pregnancies in Vancouver and Richmond.

Our team includes Dietitians, Public Health Nurses and Support Workers fluent in 13 different languages.

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Our Services Include:

- Nutrition counseling to gain a healthy weight
- Meet other moms at our drop-in support groups
- Lifestyle education on tobacco, drugs or alcohol
- Weekly prenatal group
- Dental health education
- Food supplement and prenatal vitamins
- Referrals to community resources
- Support and advocacy

**Email: HBP@vch.ca or
Call 604-675-3982, and press
extension:**

- 0 for English
- 1 for Spanish
- 2 for Punjabi/Hindi/Urdu/Swahili
- 3 for Cantonese / Mandarin Vietnamese (Vancouver)
- 4 for Farsi/Dari/Russian
- 5 for Somali
- 6 for Cantonese/Mandarin (Richmond)

Robert and Lily Lee Family
Community Health Centre
2nd floor, 1669 E. Broadway
Vancouver BC
www.vch.ca

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