



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets
From: Central Michigan District Health Department
RE: CMDHD Promoting National WIC Enrollment Week
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CMDHD is Promoting National WIC Enrollment Week: October 7 -11

Central Michigan District Health Department (CMDHD) is promoting National WIC Enrollment Week. This special week, running from October 7 - 11, is dedicated to raising awareness about the Women, Infants, and Children (WIC) program and encouraging eligible families to enroll in this vital service. This year's theme is "Everyone is Welcome at WIC," highlighting families who may not know that they could be eligible for WIC including foster parents, immigrant families, military families, grandparents, and dads.

WIC is a federal assistance program that provides nutrition education, healthy food, breastfeeding support, and healthcare referrals – all free of charge to those enrolled. Although the name of WIC indicates that it is for women, infants, and children, these are not the only people who can receive benefits. Parents, grandparents, foster parents, and pregnant people of any gender can be eligible for WIC benefits.

"CMDHD is excited to take part in WIC's National Enrollment Week," said Rachael Shilman, CMDHD WIC Coordinator. "By encouraging enrollment, we are helping eligible families access nutritious foods and vital health services, ensuring a healthier future for children in our community."

Visit [CMDHD's WIC page](#) to learn more about this program, including nutrition counseling and breastfeeding peer support. Check your family's eligibility for WIC at [Michigan Department of Health and Human Services](#). Call 989-314-7570 to make an appointment with our WIC office.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow us on [Facebook](#) and [Instagram](#).

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