



Sharing information and resources for Creating Healthier Homes before, during and after Pregnancy!

Women for a Healthy Environment (WHE) has expanded its programming to include educational sessions and training in the area of Maternal & Child Health. These workshops focus on creating a green, eco-friendly, healthier home environment for families. They educate participants on potential environmental risks in the home and provide solutions for change.

The sessions are offered to organizations and agencies, as well as their clients, throughout southwestern PA and are free of charge thanks to a generous grant from The Heinz Endowments!

Session modules consist of multiple topics and are activity-based, making learning interactive and fun. An organization or agency may choose from one or several of the following modules:

- **Healthy Homes, Healthy You**
- **Creating a Healthy Start for Baby**
- **Food, Our Health and Our Environment**

WHE has provided workshops to various agencies and those they serve, throughout the Pittsburgh area. These have included Allegheny County Health Department, Sister's Place and Family Support Centers.

The modules of the Maternal & Child Health sessions can be adapted to each organization's needs.

The sessions are approximately an hour long and can be scheduled during the day or evening. Please see our contact information provided below.

Did you know...

- The American College of Obstetricians and Gynecologists (ACOG) presented an opinion in October 2013 that stated "Robust scientific evidence has emerged over the past 15 years, demonstrating that preconception and prenatal exposure to toxic environmental agents can have a profound and lasting effect on reproductive health across the life course."

- It cost \$76.6 billion to cover the health expenses of American children who were sick because of exposure to toxic chemicals and air pollutants in 2008 – Mt. Sinai School of Medicine



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