



SWIMM

Supporting Women in Mitchell County

Do you have questions or concerns about your pregnancy?

We have a local program that can offer help to you!

- Trimester Education
- Signing up for *hawki* or T-19
- Teaching Materials
- Dietary Education
- Nurse Home Visits
- Breast Feeding Education
- Breast Pump Loan
- Books for Children
- Growth Charts
- Resource for Smoking Cessation



The SWIM Program is offered to you

free of charge using Empowerment Dollars by:

Mitchell County

Home Health Care/Public Health

1-641-732-6150 or 1-800-535-2984