

Did



you



know



Dear friend,

DID YOU KNOW that taking a vitamin with folic acid before getting pregnant can prevent up to 70% of a type of serious birth defects? Whether you are planning to have a baby soon, or even a few years from now, you can benefit from folic acid. All women not currently pregnant can get free vitamins with folic acid at the local Health Department. You will meet with a nurse or health educator and get a free bottle of 100 multivitamins with folic acid.

ALSO, did you know that 50% of pregnancies are unplanned?! So call to make an appointment today to get some free vitamins with folic acid. It is the best way to get a great start on a healthy family!

Your friend, _____
Sign your name here

Address _____

City _____ *State* _____ *Zip* *

Phone _____

* Please complete in order to receive your **Refer a Friend For Folic Acid - Prevention Pays** \$5 gift card.

* Please bring this card with you to your appointment at the Health Department.

Health Department: _____
Address: _____
Phone: _____

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