



Meet your OB Case Manager
Nutrition Counseling
Cooking Demonstrations



THP
 TRUSTED HEALTH PLAN
 DISTRICT OF COLUMBIA

Join Us As We Celebrate

Healthy Beginnings

Thursdays 11:00 AM - 2:00 PM

Learn About:
Safe Sleep Crib Program
WIC
Exercise during Pregnancy

THP Members Only
May be Eligible for Gift Cards with Proof of Wellness Check

Health & Wellness Outreach Center
3732 Minnesota Ave N.E.
Washington, D.C. 20019

 www.trustedhp.com

  **WE ARE DC**
 GOVERNMENT OF THE DISTRICT OF COLUMBIA
 MURIEL BOWSER, MAYOR
 This program is funded in part by the Government of the District of Columbia and Department of Health Care Finance

If you need this information in English, please contact Member Services at (202) 821-1100 or (855) 326-4831, 24 hours a day, 7 days a week.
 Si necesita esta información en español, por favor póngase en contacto con Servicio al Miembro las 24 horas del día a (202) 821-1100 o (855) 326-4831.
 تأ سکیفرس رییم تکانتوک سیلب، کیباراً نا یتروفا سید دین وی فا (855) 326-4831 رآ (202) 1100-821، 24 یدأ سروح
 Si vous avez besoin de cette information en français, s'il vous plaît communiquer avec les Services aux membres au (202) 821-1100 ou (855) 326-4831, 24 heures par jour.
 如果 需要這個在中國的信息，請聯絡會員服務：(202) 821-1100或(855) 326-4831，每天24小時。
 Se você precisar de informações em Português, por favor contacte os Serviços para Associados no (202) 821-1100 ou (855) 326-4831, 24 horas por dia

Trusted Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Trusted Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.