

# PLANNING FOR A HEALTHY HOME, BODY, & BABY

Hello Community Partners,

Our [Planning for a Healthy Home, Body, & Baby](https://www.uclahealth.org/womenshealth/rhe) program focuses on teaching women how to reduce their exposure to environmental toxins at home, work, and in the community. Our education materials will be of interest to women before, during, and after pregnancy.

## ORDERING FREE HEALTH EDUCATION MATERIALS IN SPANISH AND ENGLISH

- Attached are the digital files for our educational materials that we are offering to print and mail to you for free:
  - **Fotonovela**
    - **English fotonovela**  
<https://www.uclahealth.org/womenshealth/workfiles/2021/Fotonovela%206.09.2021%20English.pdf>
    - **Spanish fotonovela**  
<https://www.uclahealth.org/womenshealth/workfiles/2021/Fotonovela%206.09.2021%20Spanish.pdf>
  - **Wallet card on ten tips to reducing exposure to environmental toxins**
  - **Ten tips infographic**

Please complete [this survey \(order form\)](https://www.surveymonkey.com/r/NCTPK9Z) that asks about the quantities you're requesting for materials and where to send them. <https://www.surveymonkey.com/r/NCTPK9Z>

We're limiting printing to about 100 copies of each of the materials per organization. You can also feel free to print copies using the attached digital files and post on your social media.

## PLANNING FOR A HEALTHY HOME, BODY, & BABY WORKSHOPS

Our workshops provide an engaging PowerPoint presentation in Spanish and English that discusses what you can do at home, work, and in the community to reduce their exposure to toxins. If you would like to schedule our bilingual health educator to present a workshop to your staff or the women you serve, please contact Jenny at [JFerrin@mednet.ucla.edu](mailto:JFerrin@mednet.ucla.edu)

If you have questions, please contact: [JFerrin@mednet.ucla.edu](mailto:JFerrin@mednet.ucla.edu)

Thank you for your interest in reaching the women you serve with valuable education information.

**Julie Friedman**

Director, Iris Cantor-UCLA Women's Health Education & Research Center