

Annual Kick-Off For The Text4Baby Program Launched

Black Hawk Health Center is pleased to announce the annual kick-off for the Text4Baby, a program launched by the National Healthy Mothers/Babies Coalition, founding sponsor Johnson & Johnson.

This program is designed to help more pregnant women and new moms get information about caring for their health and giving their babies the best possible start in life. This is the first free health text messaging service in the U.S. The program supports moms by providing accurate, text-length health information and resources in a format that is personal and timely, using a cell phone. Over 85% of Americans own a cell phone and 72% of cell users send or receive text messages.

Registration is easy and can be done online or by texting BABY (or BEBE for Spanish) to the number 511411. You will be asked to enter your new due date. Once you have your baby, be sure to text in UPDATE with your baby's birthday to continue receiving messages through baby's first year. Text4Baby messages are free.

Registration is easy and can be done online or by texting BABY (or BEBE for Spanish) to the number 511411. You will be asked to enter your new due date. Once you have your baby, be sure to text in UPDATE with your baby's birthday to continue receiving messages through baby's first year. Text4Baby messages are free.



Launching the kick-off for the "Text4-Baby" program at BHHC are (left to right) Kaye McCord, Patient Benefit Coordinator; Yvonne Berryhill, Contract Health Clerk; Petra Riley, Program Participant, and Rosalita Saunders, Contract Health Clerk.



Balloon launch to kick-off the "Text4-Baby" program at the Black Hawk Health Center

Security Positions Available

The Sac & Fox Nation Casino in Shawnee is seeking motivated individuals with a high degree of Integrity for a career in the Security Department.

Security Officer Qualifications

- GED or High School Diploma is required
- Prior Law enforcement, Military, or Security experience preferred
- Native American Preference preferred
- Able to pass background check
- Willingness to learn and help others

Benefits include

- Medical, Dental, Vision and life insurance
- Short Term Disability
- Long Term Disability
- Supplemental Insurance
- 401K Retirement Package

If you are interested in this field or any other position within the casino, please visit our website www.sandfcasino.com for an online application or view a complete list of job openings. Contact the HR Department at (405) 275-4700 Ext.164 for further details.

Attention Sac & Fox Elders

Anyone Turning

55

Is Welcome To Attend
All Elders Functions And Meetings
You Must Attend Meetings
To Be Eligible For Trips

Muscogee (Creek) Nation WIC Program Is All About BREASTFEEDING!

Breastfeeding:

- reduces the risk of breast cancer and ovarian cancer
- reduces the likelihood of becoming obese later in life
- reduces the risk of diabetes throughout a lifetime
- increases baby's IQ and motor development
- increases the immune system so baby is sick less often
- reduces the risk of ear infections, asthma and allergies
- reduces the risk of sudden infant death syndrome (SIDS)
- provides the perfect nutrition for babies
- is sanitary and free!

For more information about breastfeeding and how to apply for WIC, please call:

1-800-648-2302 or 918-758-2722

This institution is an equal opportunity provider.

