



# Pregnant?

# A new mom?

**text4baby**<sup>SM</sup>

There's a new **FREE** service to help you out! Text4baby provides totally free text messages 3 times a week with info to help you through your pregnancy and baby's first year.



**Text BABY**  
(BEBE para Español)  
**to 511411**  
**to sign up!**



[www.text4baby.org](http://www.text4baby.org)

Powered by: **VOXIVA**

Text4baby is a free service of the  
National Healthy Mothers, Healthy Babies Coalition.