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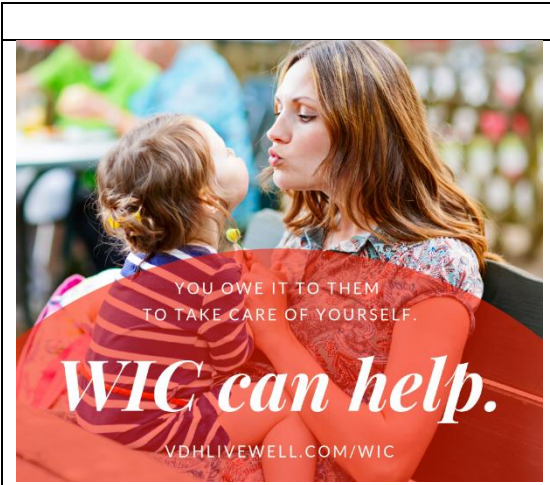
There is no shame in asking for help. WIC is here for you. VDHLiveWell.com/WIC



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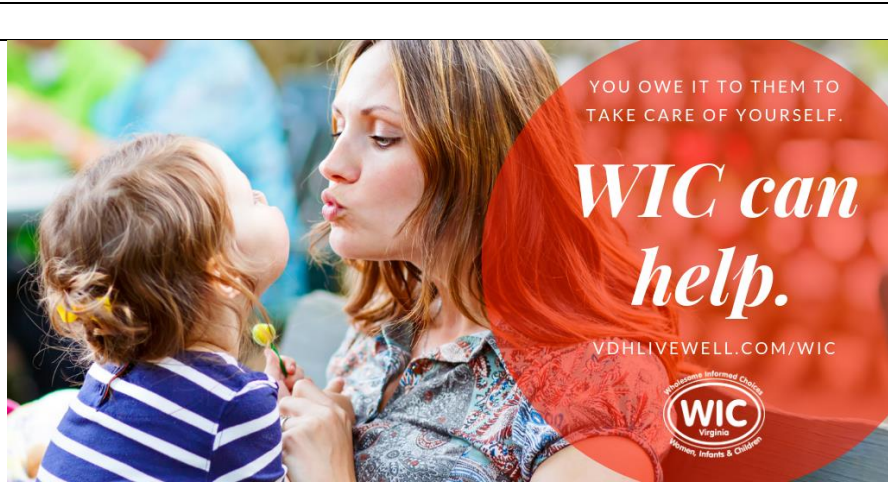


YOU OWE IT TO THEM
TO TAKE CARE OF YOURSELF.

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YOU HAVE TO FILL
YOUR OWN CUP BEFORE
YOU CAN FILL THEIRS.

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WIC provides more than just food. WIC provides support. VDHLiveWell.com/WIC



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