Howard County LHIC

Local Health Improvement Coalition

HOWARD COUNTY HEALTH DEPARTMENT

Women's Health Focus Groups

Your voice matters!

Howard County Health Department is listening! Tell us what you think about women's health so we can improve community services.

Topics we'll cover:

- Getting ready for baby (pregnancy, birth, and infant care)
- Finding reliable health info
- Mental health support for women

Who should attend?

Howard County residents who are:

- Women 18 years and older
- Expectant parents
- Caregivers of color
- People caring for children ages 0-3

Multiple sessions will be offered

- **Wed., Nov. 5, 2025, 12:30-2:00 pm, Family Support Center of Howard County** (FREE lunch and childcare will be provided)
- **Wed., Dec. 3, 2025, 6:00-7:30 pm** (virtual only via Zoom)
- **Sat., Jan. 10, 2026, 10:00-11:30 am Harriet Tubman Cultural Center**

For more information and to register, scan the QR Code or visit bit.ly/HoCoWomensHealth

For questions, email lhic@howardcountymd.gov, or call 410.313.6204