

# Mimeq Yichb'anil



Mimeq Yichb'anil chi kolwaj yetoq anima lanan yechb'anen junoq nene' ma ay yalixh unin k'amto chi lajwi yab'ilal yin oxeb' ab'il. Heb' kuywajwon chi ek' heb' b'ay tilaq na yet chi kolwaj heb' jetoq tzet chi yun jilon ch'ib' heb' unin, chi yal heb' jetoq tzet chi yun ch'ib'i ma tzet chi yun yel leheoq yin jun nene' ma yalixh unin, kax chi kolwaj ok heb' jetoq yin tzet chi jochej yin koq'inal.

Chi yaltej k'apax heb' kolwal yetoq ix ix ayok yalan unin yetoq yetb'i k'al heb' yet kajyomal. Chi cha'il yich yet waxaqeb' skawinaq semana yok ix ix yalan unin, chi ayji k'apax ek' heb' yin yaljub'al unin k'al kolwaj heb', masanta kab' xajaw yet mayal watx'ji sk'ul ix ix.

Ta chi hochej chi hab' stxolilal awjan b'ay 217-531-4342 ma tz'ib'lan b'ay [rcharters@c-uphd.org](mailto:rcharters@c-uphd.org).



# Wajmulnajil yin Pojb'al el Lojej

B'ay jun chi yiq CUPHD chi pojlay el lojej b'ay Wajb'al Lojej chi yiq Friends of Champaign County. Junel yul ab'il, jun awb'al itaj chi yiq Give Back Garden, chi ya' tz'aqnej lojej yetoq tzet chib'il tolto max wajlayi. Chi je' kolwaj heb' ajkonob' sa'on b'ay WIC tzet chi yaw b'ay sna. Chi ok juntzan ti' sxol tzet chi awlay b'ay chi wajay lojej ti'. Chi apni masanil tzet chi loji yet chi q'anlayi, yet lunes masanta viernes yet 8:00 q'inib'alil masanta 5:00 yayk'uhallil.

K'apaxoq, CUPHD ayok yetoq jun Wajmulnajil yet Pojb'al el Loj yet USDA. Chi sa' heb' slob'ej unin yin jun ab'il masantak'al heb' yin waxaqlajoneb' ab'il yet b'eqan heb' yin skuyoq yet k'atxan.

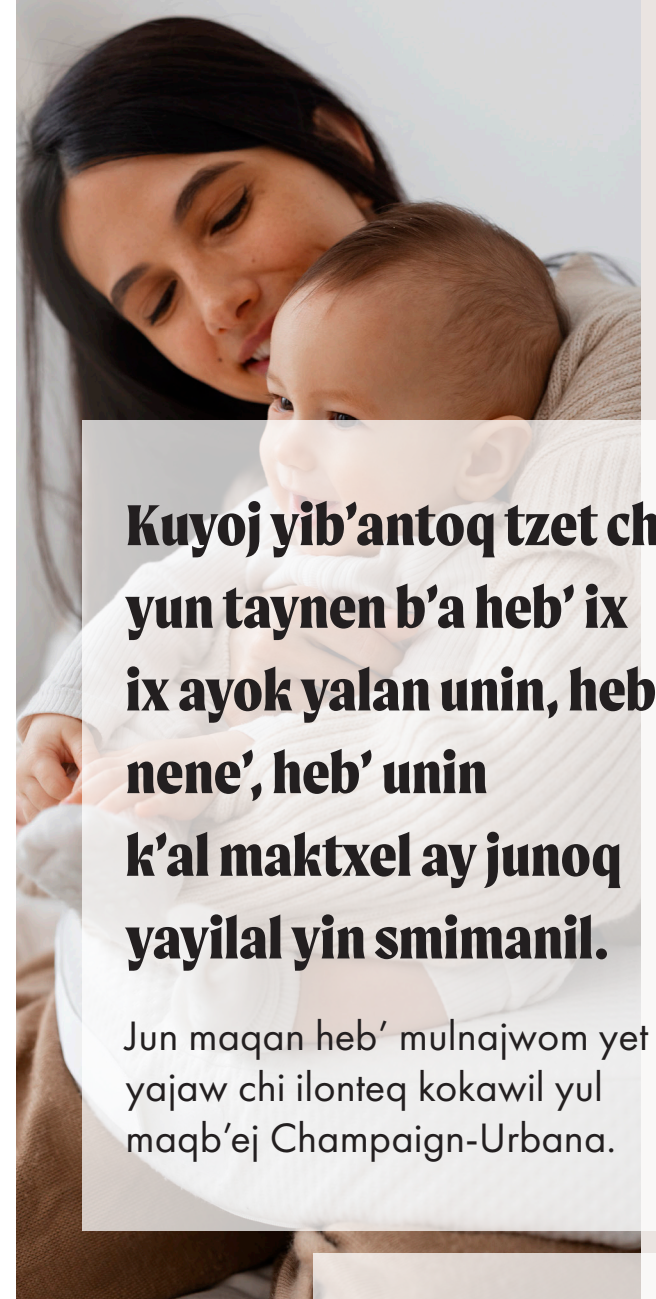


**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
c-uphd.org

201 West Kenyon Road  
Champaign, IL 61820  
217-352-7961

Jun nahil ilomteq kawil ti tol chi yaltej ma yaq'on watx'ilal b'ay masanil.



**Kuyoq yib'antooq tzet chi yun taynen b'a heb' ix ix ayok yalan unin, heb' nene', heb' unin k'al maktxel ay junoq yayilal yin smimanil.**

Jun maqan heb' mulnajwom yet yajaw chi ilonteq kokawil yul maqb'ej Champaign-Urbana.



Sayajteq bideho.



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# WIC



Jun kuyoj ti, WIC (ix, nene' unin k'al unin) chi kolwaj ok yetoq heb' ix ix ayok yalan unin, heb' ix txutxej tolto max watx'ji sk'ul k'al yalixh unin chi cha'on tx'an unej yet WIC EBT, yet chi je' q'anon heb' yet chi sman heb' loj watx' b'ay txomb'al. Chi yaltej k'apax kuyoj yib'an tzet chi yun kolow yin watx' k'al kolwal b'ay heb' txutxej chi txutxwi yune'.

Ta ay haq'anleb'al ma chi haq'an junoq maktxel chach scha'oni, awjan b'ay 217-352-7961 yet lunes masanta viernes yet 8:30 q'inib'alil masanta 4:30 yayk'uhallil.

Ulanej hon b'ay oxeb' maqb'ej chon ilchaj ok ti':

## Champaign | 201 W. Kenyon Rd.

Lunes masanta viernes k'al junjun yox sabado yet junjun xajaw 8:30 q'inib'alil masanta 12 yet chuman k'u k'apax yet 1:00 tz'eyan k'u masanta 4:30 yayk'uhallil.

## Urbana | 2040A S. Orchard St. (Orchard Downs)

Jueves 8:30 q'inib'alil masanta 12:00 chuman k'u k'al 1:00 tz'eyan k'u masanta 4:30 yayk'uhallil.

## Rantoul | 520 E. Wabash Ave.

Martes, miércoles k'al viernes 8:30 q'inib'alil masanta 12:00 chuman k'u k'al 1:00 tz'eyan k'u masanta 4:30 yayk'uhallil.

# Kolwal b'ay unin chi txutxwi

Ay kolwal chi altelay b'ay txutxej chi txutxwi yune' yetoq xiwil kuyoj. Chi ko kuy yib'antoq: aq'om nab'alej yib'an txutxwom unin, kujwajom yib'antoq kolow yin watx', aq'om kuyoj yib'an txutxwom unin, heb' chi ek' b'ay tilaq kona, heb' taynem eq'om. Chi jaltej k'apax kolwal yet chach alaytoq b'ay junoq antem anima.

Tix komulnajil chi jaltej ti': chi je' hach koq'umen b'ay chi ilchaj snajil CUPHD, b'ay hana', yul ch'en awteb'al ma chach tz'ib'li ayon.

Ta ay haq'anleb'al awjan b'ay 217-352-7961



# Sa'b'il Yal Yet Imej

Chi kolwaj CUPHD yetoq Mothers' Milk Bank yet Western Great Lakes yin smulnajil yin: CUPHD. Jun sk'uhamb'al yal imej b'ay chi b'et sa'kan txutxej yal yim. Jun swajb'al yal imej b'ay chi je' smanon anima yal imej.

Ta ay haq'anleb'al, awjan b'ay 217-531-4529 ma chach tz'ib'li b'ay [donormilk@c-uphd.org](mailto:donormilk@c-uphd.org).

# Yilb'altoq Skawxinaqil Anima k'al Stayneb'al Ya'ay Unin

Chi kolwaj heb' ayok jiqb'ejoq yilontoq skawxinaqil anima k'al ilom eq'om yetoq heb' txutxej yetoq yune' k'amwal stumin. Tix tzet yin chi kolwaj heb' ti': Chi illaytoq skawxinaqil heb' mamej txutxej. Chi ok mulnajil yin txolil k'al saylay b'ay ay anteb'al. Chi ok kuyoj yib'an kawilej. Chi kawxi ula'il, sti'laq te' na. Chi wab'alay anima yetoq skawxinaqil. Chi illaytoq sch'ib' unin k'al iqal ix.

Heb' ilom eq'om chi mulnaj yetoq Stayneb'al Ya'ay Unin chi kolwaj heb' sayon junoq antewom chi ilontoq anima ay junoq ay ilya' yin.

Ta ay haq'anleb'al awjan b'ay 217-531-4311 ma chach tz'ib'li b'ay [cbailey@c-uphd.org](mailto:cbailey@c-uphd.org).



# Vacuna yet unin

Chi yaltej CUPHD vacuna yet yalixh unin masanta ach'ej q'opoj yin waxaqlajoneb' ab'il sq'inal.

Ta chi hochej jun kolwal ti', awjan b'ay 217-531-4317.