



*Healthier
Families*

MATERNAL & CHILD
HEALTH

LIGHT IN A MESSENGER'S EYES BRINGS
JOY TO THE HEART, AND GOOD NEWS
GIVES HEALTH TO THE BONES.

PROVERBS 15:30

In remote areas of developing countries, many parents—including pregnant mothers—lack the resources that they and their young children need to survive and thrive. Without proper care from a doctor, nurse, or midwife, pregnant women are at risk of serious, even fatal complications. Without proper nutrition, young children are at risk of stunted growth, disease, and death. For many families, such challenges can make good health seem impossible.

But there is good news to celebrate today: through World Renew's *Free A Family*® programs, families are being equipped to improve health for mothers and young children.

Free A Family® community programs in agriculture, health, nutrition, and literacy, and more connect parents to opportunities to overcome poverty and achieve good health for the long-term. These programs are carried out through Christian partners dedicated to sharing the good news of Christ through holistic, faith-based approaches that nurture a person's relationship with God in connection to their development.

As our partners carry out *Free A Family*® programs, they do so *for Christ and because of Christ*, uniting word and deed so that more people can flourish. Here are just some of ways that *Free A Family*® programs make better health possible:

- Teach health volunteers to counsel mothers about prenatal and postnatal nutrition, breastfeeding, hygiene, and disease prevention.
- Train family members to detect and prevent childhood hunger, which can shape a child's life-long development.
- Encourage parents to share their knowledge about available health resources—such as food supplements provided by the government and health vaccinations—with other parents.
- Educate community members about good health practices through group meetings, one-on-one visits, and public health events.

World Renew is grateful to God for the many ways he is bringing about better health through *Free A Family*® — and there is more much work more to be done.

Will you join World Renew in coming alongside parents and young children in their journey to better health? Your gifts and prayers in support of *Free A Family*® are a powerful way to ensure that there continues to be good news of healthier families to celebrate. Please give generously today. To find out how to become a regular supporter of *Free A Family* for just \$27 a month—less than a dollar a day—go to freeafamily.org.



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