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05.22.2023

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## **Family Planning Services Now Available for Kalamazoo County**

KALAMAZOO, Mich. – Kalamazoo County residents of reproductive age can now make an appointment for family planning services at the Kalamazoo County Health & Community Services Department. In addition to helping parents plan for their desired family size and spacing of children, the new services provide comprehensive reproductive health care to promote healthy pregnancy outcomes and support individuals in making informed choices regarding their reproductive well-being.

“Providing equitable access to important health services, such as family planning, is an essential function of public health,” said Kalamazoo County Health Officer Jim Rutherford. “This is an opportunity to make a difference in the lives of members of our community, regardless of their background or circumstances, ultimately improving the health outcomes of our county as a whole.”

Services provided include:

- Pre-pregnancy wellness assessments and information
- Annual exams, including PAP tests
- Contraception education and distribution of a variety of birth control methods
- Pregnancy testing
- Individual counseling about healthy lifestyle choices
- Referrals to specialists or community programs and services
- Testing and treatment for sexually transmitted infections, along with prevention and education
- HIV testing and education
- PrEP for HIV
- Vaccinations

“The family planning program will give members of our community the tools and resources they need to make informed decisions about their reproductive health,” Personal Health Division Chief Penny Born said. “We look forward to helping residents take full advantage of the wide array of services provided by the highly skilled and compassionate family planning staff.”

Contact 269-373-5203 for more information about the Kalamazoo County HCS family planning services.

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