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## For Immediate Release

### **GO BABY GREEN** **AN OVERLOOK HOSPITAL PROGRAM FOR PARENTS-TO-BE, NEW PARENTS AND CAREGIVERS**

**SUMMIT, NJ, JANUARY 7, 2009** - It is well established that chemical additives in many products used in the home are linked to medical conditions such as allergies, asthma, respiratory illnesses and cancers. Many of these chemicals can also be found in baby bottles, diapers, baby mattresses, linens, clothing, toys and more.

Overlook Hospital has established a new program for parents-to-be, new parents and caregivers to help them provide a safe environment for babies and small children.

Exposure to chemicals in the home is an increasing health risk. There are small changes parents and caregivers can make in the home to establish a toxic free and safe environment for babies, children, pets and adults.

Attendees to the program will learn about everyday cleaning products, their hazards, safe alternatives and steps one can take to create a safe, non-toxic home. Participants will learn about product choices that fit your lifestyle, while enhancing your own health. The class will cover the following topics:

- Breathing differences between infants, children and adults
- Diaper alternatives
- Chemicals to avoid in cleaning products
- Plastic bottle safety
- Natural air fresheners
- Resources for alternative cleaning and baby care products

For more information or to register, call 908-522-2946 or email [overlook.parented@atlantichhealth.org](mailto:overlook.parented@atlantichhealth.org). Information is also available on the Atlantic Health website, [www.atlantichhealth.org](http://www.atlantichhealth.org). All programs are held at Overlook Hospital, Medical Arts Center II, Community Education Classroom, 11 Overlook Road, Summit. Park in the East Garage.

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**T H E P A S S I O N T O L E A D**