



*Nalma-9 Health Post, Lamjung, Nepal - This health post serves hundreds of families living in nine villages in the mountainous Nalma region of the Lamjung district of central Nepal. The health post provides five pounds of iodized salt and six pounds of soap for each child under the age of five who is brought to the clinic for a monthly wellness check-up. This young child was brought by her grandmother to the clinic while her mother worked to cultivate rice paddies during the day.*

## HEALTH CARE IN THE HIMALAYAS

KELLY DISTEFANO