

HEALTHY BABY SHOWER

WHY CELEBRATE WITH US

- ✓ You learn about pregnancy nutrition, your baby's development and community resources.
- ✓ Connect with other expecting mothers in Polk County.
- ✓ Participants receive a "Healthy Baby Backpack" filled with gifts for your baby valued at more than \$100.

February 12th @ 7:00 P.M. on Zoom

**Register by February 7th by phone, text, email,
or scanning the QR Code**

**Contact Cassie at
odlandc@iastate.edu
OR
515-414-9865**



<https://go.iastate.edu/RXLW4R>



**IOWA STATE
UNIVERSITY**
Extension and Outreach



**Nutrition
4 Young
Children**

Polk County