



# HEALTHY BABY SHOWER

## WHY CELEBRATE WITH US

- Learn about pregnancy nutrition, baby's development and available 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.

### Two options to choose from!

#### IN PERSON

Aug. 24, 2023  
6:30 p.m. at the  
North Side Library  
Register by Aug. 16

OR

#### ONLINE

Sept. 7, 2023  
7:00 p.m. via  
Zoom  
Register by Sept. 6

**Register by phone, text or email.  
Contact Virginia at [vatwell@iastate.edu](mailto:vatwell@iastate.edu) or 515-823-6207.**

Participants must live in Polk County.

In partnership with:

IOWA STATE UNIVERSITY  
Extension and Outreach



Nutrition  
4 Young  
Children

