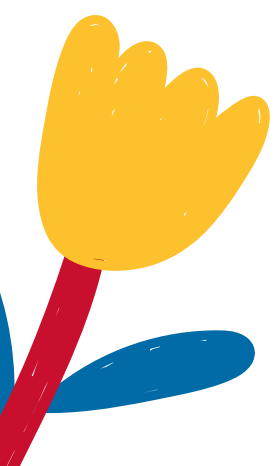
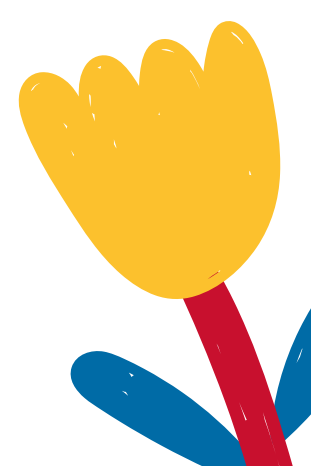







HEALTHY BABY SHOWER

WHY CELEBRATE WITH US

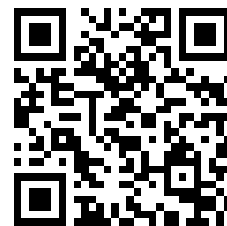
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- 
-  You learn about pregnancy nutrition, your baby's development and community resources.
 -  Connect with other expecting mothers in Polk County.
 -  Participants receive a "Healthy Baby Backpack" filled with gifts for your baby valued at more than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

August 13 @ 6:00 P.M.

Mickle Center: 1620 Pleasant Street, Des Moines

**Register by August 11 by phone, text, email, or
scanning the QR Code**

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



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



In partnership with:

IOWA STATE UNIVERSITY
Extension and Outreach



**Nutrition
4 Young
Children**