

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.



With guest speaker
Dr. Maria Barnes

August 26 at 6:00PM

Central Library | 1000 Grand Ave, Des Moines

**Register by August 19th with
Cassie at
odlandc@iastate.edu or 515-
414-9865 OR scan the QR
code**



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

In partnership with:



**IOWA STATE
UNIVERSITY**
Extension and Outreach
Polk County



**Nutrition
4 Young
Children**