

# Baby Bloom

Resources for New and Expecting Families

**Saturday, June 25**  
**12 – 4 p.m.**

Martin Luther King Jr. Park  
1650 Garfield Ave, Des Moines, IA 50316

**Pregnant or have a child under the age of 1 year? Thinking about starting a family?**

**This FREE event is for you!**



- Find out how to get free baby supplies, including diapers, car seats, formula, and more!
- Get access to resources like WIC, Hawki (low-cost or free health insurance), transportation and other support.
- Learn how to stay healthy before, during and after your pregnancy.
- Learn how to navigate your health and your baby's health when talking to doctors or providers.
- Visit with a nurse. Get free iron and blood pressure checks. *(For pregnant individuals)*
- Enjoy fun family activities, music, food and prizes!

**FREE LUNCH**

For the first 200 people

**SWAG BAGS**

For new and expecting families

**WIN PRIZES**

Enter to win car seats, gift cards, a crib + mattress, a stroller and more!

**KIDS ACTIVITIES**

**MUSIC BY**

**DJ HOLLYWOOD**



Presented by:

**Healthy Start**

**EveryStep**



With support from:



Jai Olive Wellness | WIC  
UnityPoint Health - Des Moines



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