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!

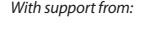


- Find out how to get free baby supplies, including diapers, car seats, formula, and more!
- Get access to resources like WIC, Hawki (low-cost or free health insurance), transportation and other support.
- Learn how to stay healthy before, during and after your pregnancy.
- Learn how to navigate your 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!

Presented by:









FREE LUNCH For the first 200 people

SWAG BAGS For new and expecting families

Enter to win car seats, gift cards, a

crib + mattress, a stroller and more!

KIDS ACTIVITIES MUSIC BY DJ HOLLYWOOD



Jai Olive Wellness | WIC UnityPoint Health - Des Moines





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