

March 2018

All parents face new and unexpected pressures when it comes to raising kids. Nest is an easy way to meet other parents, learn new parenting strategies, and get free items needed for your growing family.



Wednesday 11am-12pm

and

Wednesdays 6pm-7pm

Points can only be earned for each lesson once.

All classes in March are 1,000 points!

Classes are held at ISU Extension and Outreach of Davis County at 402 E. North Street in Bloomfield unless otherwise noted in the class description.



IOWA STATE UNIVERSITY
Extension and Outreach



Nest is funded by 4 Counties for Kids Early Childhood Iowa, ICAP, CBCAP, and ISU Extension and Outreach of Davis County. ISU Extension and Outreach programs are available to all without regard to race, color, national origin, religion, age, sex or disability.

March 7th

Beverly Oliver, ARNP from DC Hospital will present on postpartum healing and signs of postpartum depression.

March 14th

6pm only/no 11am class

Jackie Wells, PT from Kincart Physical Therapy will present on the postpartum tummy and what to do with it.

March 21st

Angie Jones & Jackie Burdett from Financial Services at DC Hospital will present on reading your healthcare bills and services they offer.

March 28th

Becky Graeve, dietitian from HyVee, will present on how to lose baby weight, even when your baby isn't a baby anymore