



PRENATAL



BOOTIE CAMP

**SEPTEMBER
28TH, 2015**

**930AM-330PM
WITH LUNCH**

**OPERATION THRESHOLD
1535 LAFAYETTE ST
WATERLOO, IA 50704**

FREE

- > **PACK OF DIAPERS**
- > **WIPES**
- > **BOOKS**
- > **SWADDLERS**
- > **MUST ATTEND FULL
CLASS TO RECEIVE
ITEMS**

**OPERATION THRESHOLD
NEST PROGRAM**

**1535 LAFAYETTE STREET
WATERLOO, IA 50704**

**FOR MORE INFO OR
TO SIGN UP:
CALL 319-292-1816**

*** MUST BE PREGNANT TO ATTEND**

ARE YOU PREGNANT? EXPECTING PARENTS ARE WELCOME TO

ATTEND THE NEST PRENATAL BOOTIE CAMP! LEARN ABOUT:

- **IMPORTANCE OF PRENATAL CARE**
- **HEALTHY EATING—WHY YOU NEED CERTAIN VITAMINS**
- **HOW TO COPE WITH DISCOMFORTS**
- **HOW TO PREPARE FOR THE HOSPITAL STAY**
- **DEVELOPMENT OF BABY**
- **BREASTFEEDING AND ITS BENEFITS**



OPERATION THRESHOLD

