



February 2024 Nest Calendar

SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE

Operation Threshold Locations :

*OT WLOO = Operation Threshold, 1535
Lafayette St, Waterloo

*OT Grundy Center = 1606 G Ave Grundy
Center

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
<p>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</p>				1	2 MON-THURS 7:30AM-6:00PM	3 The Nest Program Serving Black Hawk & Grundy Counties
4	5	6	7 Heart Health Awareness FB Video @12pm	8 Parent Advisory Valentines BINGO 4:30pm-5:30pm Operation Threshold	9 OFFICE CLOSED	10
<p>Facebook Search: The Nest Program Serving Black Hawk & Grundy Counties</p>						
11	12 Dental Health Importance 11am First United Methodist Church	13	14 Fill Your Life With What You Love FB Video @12pm	15	16 OFFICE CLOSED	17 Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org
18	19 Presidents Day! Office Closed	20 Valentines Craft 10am Operation Threshold in Grundy	21 WIC Nutrition Video FB Video @12pm	22	23 OFFICE CLOSED	24
25	26 Magical World of Music 11am First United Methodist Church	27	28 Allen Women's Health Video FB Video @12pm	29	OFFICE CLOSED	



To view descriptions of classes listed above, please refer the next page.



What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, and educational books just to name a few.

Here's a summary of the classes this month: (On Facebook Live & In-Person Classes)

Heart Health Awareness- February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health. This Heart Month, the division for Heart Disease and Stroke Prevention (DHDSP) is encouraging women to listen to their hearts and speak up for their health.

Parent Advisory- Join us to play valentines bingo and to give us feed back about our program!

Dental Health Importance- While most children get candy for Valentines day we want to remember the importance of good dental hygiene.

Fill Your Life With What You Love- This class will target benefits of adding positivity and love into yours and your child's life.

Different ways to show up for yourself and as a parent in a positive way.

Valentines Craft- A Valentines craft will be provide for parents and children to do together.

WIC- WIC will provide an educational video on nutrition.

Magical World of Music- Music is all around us every single day, whether you realize it or not. Singing and dancing with your children can help them learn so many different things. Tune into class to learn more!

Allen Women's Health- Educational video of Allen Women's Health choice.

These online classes for the month will cover all counties (Black Hawk and Grundy). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!

**JOIN OUR FACEBOOK GROUP:
The Nest Program Serving Black Hawk
& Grundy Counties**