

# Join us for a Free Event!



**A baby is on the way and we can help you get ready for the big day!  
We'll shower you with fun to welcome your little one.**

**Date:** August 2<sup>nd</sup>, 2025

**Time:** 10:00 am to 1:00 pm

**Location:** Northwest Recreation Center  
1340 11<sup>th</sup> St NW  
Cedar Rapids, IA 52405



Learn healthy tips.



Snacks and drinks provided.



Crafts and activities  
for families.



Door prizes for those  
who attend.

**We look forward to seeing you there!**



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