

# BASIC TRAINING



## BOOT CAMP FOR NEW DADS

**Men Only**

**Real Babies**

**No Fear**

Nothing gets you ready for being a father like Boot Camp for New Dads, the largest dad-to-be workshop in the U.S.

In a guys-only setting, you'll learn the ins and outs of new moms, babies, and how to start off strong, from veteran dads and their babies.

**Saturday, November 12th 9am-12pm**

**Iowa State Extension Office, lower level**

**Mt. Pleasant**

Call 319-931-0067 or e-mail [sgardner@iastate.edu](mailto:sgardner@iastate.edu)

for details and to register

*"The best thing about this program is that it is taught by everyday guys like us. Fathers from our community with their babies teaching us the ropes."*

Sponsored by **Healthy Henry County Communities**, a Community Partnership of Henry County Health Center



Healthy Henry  
County Communities

