

Your USAFA Airman & Family Readiness Center invites
New and Expectant Parents to attend this FREE Workshop

BUNDLES **4** BABIES



*LEARN ABOUT...
nutrition, infant care, car seats safety,
budgeting for baby,
postnatal fitness and more!*

March 8 | June 14 | Sep 13 | Nov 29
8 am – 12:30 pm
Airman & Family Readiness Center

Open to all expectant and new parents of all ranks, NOT limited to first pregnancy. Fathers are encouraged to attend.

Eligible participants will receive a \$50 Exchange gift card courtesy of the Air Force Aid Society upon completion of workshop.

**To register, call A&FRC 719-333-3444 or
email to 10FSS.FSH.AFRC@us.af.mil**

