

Tama County Nest

The Tama County Nest is open select dates each month.

An Interpreter is available.

Educational Classes are from 4:30 pm–5:00 pm

Shopping Hours are 3:30 pm–4:30 pm



Date	Class Topic
January 14, 2025	Respiratory Infections
February 11, 2025	Post Partum Depression
March 11, 2025	Healthy Meals/Snacks
April 8, 2025	Self Care-Taking Care of Yourself
May 13, 2025	Breastfeeding
June 10, 2025	Water Safety/UV Safety/First Aid/Sunscreen/Children & Emergencies
July 8, 2025	Importance of Reading to Your Child
August 12, 2025	Getting Your Child Ready for School
September 9, 2025	What to do if your Child is Choking
October 14, 2025	What is too much screen time
November 4, 2025	Safe Sleep/SIDS/SUID
December 9, 2025	Christmas/Gift Giving
	Class topics are subject to change

LOCATION

**Tama County Public Health
& Home Care**
129 W. High Street
Toledo, IA 52342



Follow Tama County Maternal Health
on Facebook for weather delays,
cancellations, and other news

**USE NEST ENTRANCE ON
WEST SIDE OF THE
BUILDING**

For more information call Tama County Public Health & Home Care at 641-484-4788