



Prairie Mountain Health HEALTHY BABY program

If you are pregnant or have a baby under the age of one, you and your partner or support person are invited to attend the Healthy Baby Program.

At each session you will have the opportunity to:

- Ask questions about your pregnancy
- Learn about your baby's growth and development
- Get to know other moms and new parents
- Learn about nutrition and health for you and your family
- Get breastfeeding support
- Get parenting tips
- Connect with health care professionals
- Do activities with your baby
- Get information about healthy snacks/meals
- Receive a free cookbook and/or bib (one time only)
- Receive milk coupons (during your pregnancy & until your baby is 6 months old)



IN-PERSON: First Presbyterian Church @ 339 12th St. Brandon MB

FOR EXPECTANT PARENTS:

1-3pm

1st & 3rd Tuesday

FOR PARENTS AND BABIES UNDER 1:

10am-12pm & 1-3pm

2nd & 4th Tuesday

REGIONAL PMH VIRTUAL SESSION: 4th Monday @ 1:30pm

Please contact the Healthy Baby Coordinator for program information or to register for virtual sessions.

| 204-578-2545 | swoodmass@pmh-mb.ca