



# Prairie Mountain Health HEALTHY BABY program

For pregnant women & parents with babies under 1



Healthy Baby is a drop-in program where you can ask questions about your pregnancy, learn about your baby's growth and development, meet other parents, enjoy a healthy snack, do activities with your baby and receive milk coupons (if eligible).

## Virtual Sessions on Microsoft Teams

COMMUNITY	DATE	TIME
Birtle	Wednesday January 19th, 2022	10 am - Noon
	Wednesday February 16th, 2022	10 am - Noon
Hamiota	Wednesday January 12th, 2022	10am - Noon
	Wednesday February 9th, 2022	10am - Noon
Melita	Wednesday January 5th, 2022	10am - Noon
	Tuesday February 1st, 2022	10am - Noon
Rivers	Tuesday January 18th, 2022	10am - Noon
	Tuesday February 15th, 2022	10am - Noon
Russell	Wednesday January 19th, 2022	10am - Noon
	Wednesday February 16th, 2022	10am - Noon
Virden	Tuesday January 11th, 2022	10am - Noon
	Tuesday January 25th, 2022	10am - Noon
	Tuesday February 8th, 2022	10am - Noon
	Tuesday February 22nd, 2022	10am - Noon

To register for these sessions or for more information  
please call 204-748-2321 ext. 294 or email [STourond@pmh-mb.ca](mailto:STourond@pmh-mb.ca)