



# 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 20, 2021	10 am to Noon
	Wednesday February 17, 2021	10 am to Noon
Hamiota	Wednesday January 13, 2021	10am - Noon
	Wednesday February 10, 2021	10am - Noon
	Wednesday March 10, 2021	10am - Noon
Melita	Tuesday January 5, 2021	10am - Noon
	Tuesday February 2, 2021	10am - Noon
	Tuesday March 2, 2021	10am - Noon
Rivers	Tuesday January 19, 2021	10am - Noon
	Tuesday February 16, 2021	10am - Noon
	Tuesday March 16, 2021	10am - Noon
Russell	Wednesday January 20, 2021	10am - Noon
	Wednesday February 17, 2021	10am - Noon
	Wednesday March 17, 2021	10am - Noon
Virden	Tuesday January 12 & 26, 2021	10am - Noon
	Tuesday February 9 & 23, 2021	10am - Noon
	Tuesday March 9 & 23, 2021	10am - Noon

To register for these sessions or for more information  
please call 1-204-748-2321 ext. 294 or email [kkernel@pmh-mb.ca](mailto:kkernel@pmh-mb.ca)