



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
Grandview	October 21, 2021	9:30 - 11:30 am
	November 18, 2021	9:30 - 11:30vam
	December 16, 2021	9:30—11:30am
Roblin	October 19, 2021	1 - 3 pm
	November 16, 2021	1 - 3 pm
	December 21, 2021	1—3 pm
Ste. Rose	October 20, 2021	10 am - Noon
	November 17, 2021	10 am - Noon
	December 15, 2021	10 am- - Noon
Swan River	October 12 & 26, 2021	1 - 3 pm
	November 9 & 23, 2021	1 - 3 pm
	December 14, 2021	1—3 pm

To register for these sessions or for more information please call 1-204-629-3001 or email dmaydaniuk@pmh-mb.ca

