



# 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	January 21	9:30 - 11:30 am
	February 18	9:30 - 11:30 am
Roblin	January 19	1 - 3 pm
	February 16	1 - 3 pm
Ste. Rose	January 20	10 am - Noon
	February 17	10 am - Noon
Swan River	January 12 & 26	1 - 3 pm
	February 9 & 23	1 - 3 pm

To register for these sessions or for more information  
please call 1-204-629-3001

