

# 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
Minnedosa	Tuesday September 21, 2021	@ 11:00 am
	Tuesday September 28, 2021	and @ 2:00 pm
	Tuesday October 19, 2021	@ 11:00 am
	Tuesday October 26, 2021	and @ 2:00 pm
	Tuesday November 16, 2021	@ 11:00 am
	Tuesday November 23, 2021	and @ 2:00 pm
Neepawa	Tuesday September 21, 2021	@ 11:00 am
	Tuesday September 28, 2021	and @ 2:00 pm
	Tuesday October 19, 2021	@ 11:00 am
	Tuesday October 26, 2021	and @ 2:00 pm
	Tuesday November 16, 2021	@ 11:00 am
	Tuesday November 23, 2021	and @ 2:00 pm
Carberry	Tuesday September 21, 2021	@ 11:00 am
	Tuesday September 28, 2021	and @ 2:00 pm
	Tuesday October 19, 2021	@ 11:00 am
	Tuesday October 26, 2021	and @ 2:00 pm
	Tuesday November 16, 2021	@ 11:00 am
	Tuesday November 23, 2021	and @ 2:00 pm

To register for these sessions or for more information  
please call 1-204-476-7842 or email [alozadagobea@pmh-mb.ca](mailto:alozadagobea@pmh-mb.ca)