



Prairie Mountain Health **HEALTHY BABY PROGRAM**

For pregnant mothers and parents with children under age 1.

- Ask questions about your pregnancy
- Learn about growth and development
- Meet other parents
- Enjoy a healthy snack
- Do activities with your baby
- Receive milk coupons (if eligible)

Russell, MB

Knox United Church Basement

200 Memorial Ave N.

10:15am-12:15pm

Wednesday September 21st, 2022

Wednesday October 19th, 2022

Wednesday November 16th, 2022

Wednesday December 21st, 2022

One virtual session for all communities within Prairie Mountain Health will be offered on the 4th Monday of each month. To register for this virtual session or for more information about any upcoming sessions, please contact your Healthy Baby Facilitator.

204-748-2321 ext. 294 | stourond@pmh-mb.ca

