



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 November 17, 2021 *New Date*	10 am - Noon
	Wednesday December 15, 2021 *New Date*	10 am - Noon
Hamiota	Wednesday November 17, 2021 *New Date*	10am - Noon
	Wednesday December 15, 2021 *New Date*	10am - Noon
Melita	Wednesday November 17, 2021 *New Date*	10am - Noon
	Wednesday December 15, 2021 *New Date*	10am - Noon
Rivers	Wednesday November 17, 2021 *New Date*	10am - Noon
	Wednesday December 15, 2021 *New Date*	10am - Noon
Russell	Wednesday November 17, 2021 *New Date*	10am - Noon
	Wednesday December 15, 2021 *New Date*	10am - Noon
Virден	Wednesday November 17, 2021 1 Session this month!	10am - Noon
	Wednesday December 15, 2021 1 Session this month!	10am - Noon

To register for these sessions or for more information
please call 1-204-578-2545 or email EBrown2@pmh-mb.ca