



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 September 15 *New Date* | 10 am - Noon |
| | Wednesday October 20, 2021 *New Date* | 10 am - Noon |
| | Wednesday November 17, 2021 *New Date* | 10 am - Noon |
| Hamiota | Wednesday September 15, 2021 *New Date* | 10am - Noon |
| | Wednesday October 20, 2021 *New Date* | 10am - Noon |
| | Wednesday November 17, 2021 *New Date* | 10am - Noon |
| Melita | Wednesday September 15, 2021 *New Date* | 10am - Noon |
| | Wednesday October 20, 2021 *New Date* | 10am - Noon |
| | Wednesday November 17, 2021 *New Date* | 10am - Noon |
| Rivers | Wednesday September 15, 2021 *New Date* | 10am - Noon |
| | Wednesday October 20, 2021 *New Date* | 10am - Noon |
| | Wednesday November 17, 2021 *New Date* | 10am - Noon |
| Russell | Wednesday September 15, 2021 | 10am - Noon |
| | Wednesday October 20, 2021 | 10am - Noon |
| | Wednesday November 17, 2021 | 10am - Noon |
| Virden | Wednesday September 15, 2021 1 Session this month! | 10am - Noon |
| | Wednesday October 20, 2021 1 Session this month! | 10am - Noon |
| | Wednesday November 17, 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