



Prairie Mountain Health **HEALTHY BABY PROGRAM**

For anyone expecting a child or who have children under age 1.

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

Birtle, MB

**Birtle Health Centre Boardroom
843 Gertrude St.
10:00am-Noon**

Wednesday October 25th, 2023

Wednesday November 22nd, 2023

Wednesday December 20th, 2023 *1:30-3:30*

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.

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

