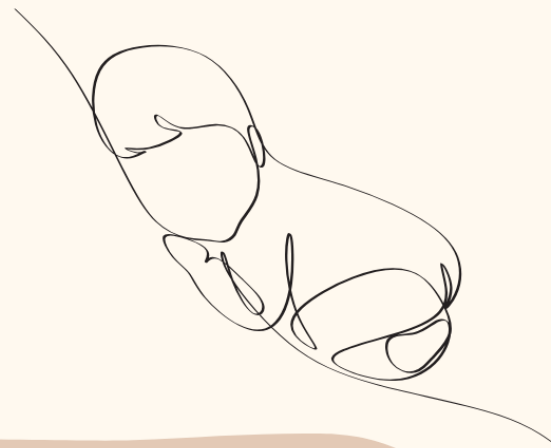


Prairie Mountain Health

HEALTHY BABY PROGRAM

For pregnant people & parents with babies under 1



*Come out and meet other parents & the Healthy Baby team!
Use the baby scale, enjoy a snack and chat about different
topics on parenting and baby care. Free milk coupons for
pregnant people and parents with babies under 6 months.
No registration required.*

Hamiota

Location: Cornerstone Penecostal
Church

Time: 11am-1pm

February 5th, 2026

May 7th, 2026

March 5th, 2026

June 4th, 2026

April 2nd, 2026

July 2nd, 2026

A virtual session is offered for all PMH communities on the 4th Monday of each month. To register or for program information contact:

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



View a virtual tour and see the program schedule

