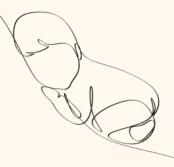
Prairie Mountain Health HEALTHY BABY PROGRAM

For pregnant people & parents with babies under 1



At Healthy Baby 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). Support people are welcome.

| COMMUNITY | LOCATION | DATE | TIME |
|--------------------------|---------------------------------|-------------------|-----------------------------|
| Birtle (ON HOLD) | Health Centre Boardroom | 4th Wednesday | 1 pm to 3 pm |
| Boissevain | Mennonite Brethren Church | 2nd Wednesday | 10 am to Noon |
| Brandon | Vineyard Community Church | 2nd & 4th Tuesday | 10 am to Noon & 1 pm to 3pm |
| Brandon—Evening Prenatal | Vineyard Community Church | 3rd Monday | 5:30 pm to 7:30 pm |
| Carberry | Health Centre Boardroom | 4th Tuesday | 10 am to Noon |
| Erickson | Lutheran Church | 3rd Monday | 1 pm to 3 pm |
| Glenboro | United Church | 1st Wednesday | 10 am to Noon |
| Grandview | Elementary School | 3rd Thursday | 9:30 am to 11:30 am |
| Hamiota <i>(ON HOLD)</i> | Cornerstone Pentecostal Church | 3rd Tuesday | 1 pm to 3 pm |
| Killarney | New Life Assembly Church | 3rd Wednesday | 10 am to Noon |
| Melita (ON HOLD) | Elim Chapel | 1st Tuesday | 1 pm to 3 pm |
| Minnedosa | United Church | 3rd Tuesday | 10 am to Noon |
| Neepawa | Library | 2nd Tuesday | 10am to Noon |
| Neepawa | Immigrant Settlement Services | 2nd Tuesday | 1:30 pm to 3:30 pm |
| Rivers | Zion Church | 1st Wednesday | 1 pm to 3 pm |
| Roblin | Knox United Church | 3rd Tuesday | 1 pm to 3 pm |
| Russell | Multiplex (Bunge Room) | 3rd Wednesday | 1 pm to 3 pm |
| Shilo Coming Fall 2024! | Military Family Resource Centre | 1st Wednesday | 1 pm to 3pm |
| Ste. Rose | Health Office | 3rd Wednesday | 10 am to Noon |
| Swan River | Temple Baptist Church | 2nd & 4th Tuesday | 1 pm to 3 pm |
| Treherne | Rec Centre (Kin Room) | 1st Tuesday | 10 am to Noon |
| Virden (ON HOLD) | Oxford Assembly Church | 2nd & 4th Tuesday | 10 am to Noon |

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 Coordinator | 204-578-2545 | swoodmass @pmh-mb.ca







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