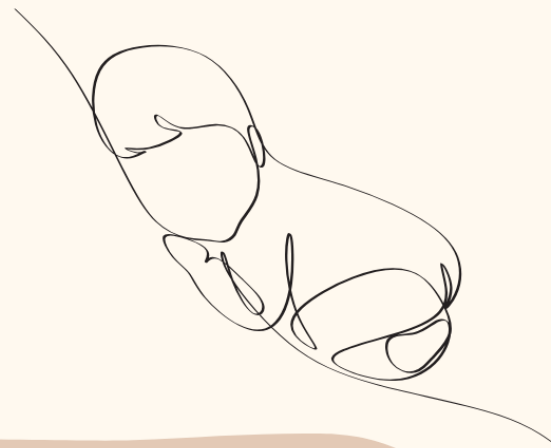


Prairie Mountain Health

# 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.*

## Rivers

Location: Zion Church

Time: 11am-1pm

**February 12th, 2026**

**May 14th, 2026**

**March 12th, 2026**

**June 11th, 2026**

**April 9th, 2026**

**July 9th, 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

