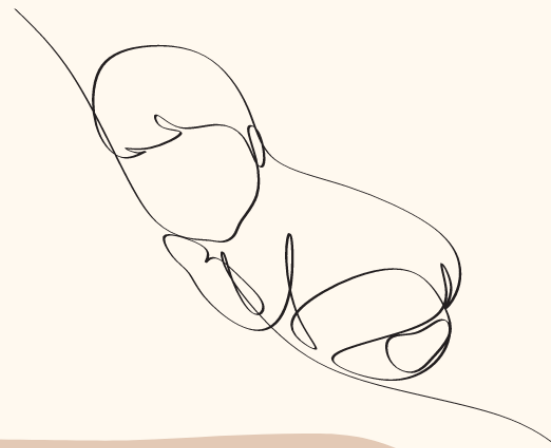


Prairie Mountain Health

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.

SHILO

Military Family Resource Centre
1pm to 3pm

Wednesday September 4, 2024

Wednesday October 2, 2024

Wednesday November 6, 2024

Wednesday December 4, 2024

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

