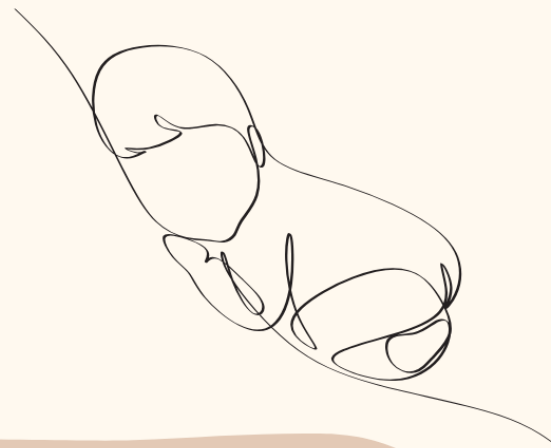


Prairie Mountain Health

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.*

Virden

Public Health Unit
480 King St.

3rd Wednesday of the month @ 11am-1pm **New time**

February 18th, 2026

May 20th, 2026

March 18th, 2026

June 17th, 2026

April 15th, 2026

July 15th, 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

