



Prairie Mountain Health **HEALTHY BABY PROGRAM**

For anyone expecting a child or with children under age 1.

- Ask questions about pregnancy
- Learn about growth and development
- Meet other parents and caregivers
- Enjoy a healthy snack
- Do activities with your baby
- Receive milk coupons (if eligible)

Virden, MB

Oxford Assembly Church Basement
381 Oxford St. Virden

****NOTE* *TIME CHANGES****

NEW SESSION TIME OFFERED

10:00am-12:00pm

Tuesday October 10th, 2023

Tuesday November 14th, 2023

Tuesday December 12th, 2023

1:30pm-3:30pm

Tuesday October 24th, 2023

Tuesday November 28th, 2023

Monday December 18th, 2023*virtual*

One virtual session for all communities within Prairie Mountain Health will be offered on the 4th Monday of each month. To register for this virtual session or for more information about any upcoming sessions, please contact your Healthy Baby Facilitator.

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