



Prairie Mountain Health **HEALTHY BABY PROGRAM**

For pregnant parents and anyone with children under age 1.

- Ask questions about your 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)

Hamiota, MB

Cornerstone Pentecostal Church
81 Birch Ave, Hamiota, MB
10:00am-Noon

Tuesday July 18th, 2023

Tuesday August 15th, 2023

Tuesday September 19th, 2023

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.

stourond@pmh-mb.ca | 204-748-2321 ext. 294

