



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)

Russell, MB

Memorial Multiplex Bunge Room
201 Darcy St. W (Access from Main St.)

10:15am-12:15pm

Wednesday July 19th, 2023

Wednesday August 16th, 2023
(Located at Russell School playground)

Wednesday September 20th, 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

