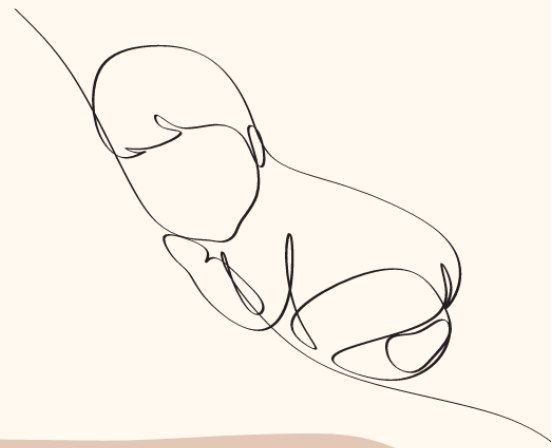


Prairie Mountain Health

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

January 8, 2025

February 5, 2025

March 5, 2025

April 9, 2025

May 7, 2025

June 4, 2025

*Military Family
Resource Centre*

1pm to 3pm

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

