



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)

Souris, MB

Faith Community Baptist Church
11 Lansdowne St. N, Souris , MB

NOTE CHANGES DATES AND TIMES

Monday July 24th, 2023 (Virtual 1:30pm-3:00pm)

Wednesday August 9th, 2023 (1:30pm-3:30pm)

Monday September 11th, 2023 (10am-noon)

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

