



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)

Virden, MB

Oxford Assembly Church Basement

381 Oxford St. Virden

10:00am-NOON

Tuesday July 11th, 2023

Tuesday July 25th, 2023

Tuesday August 8th, 2023

Tuesday August 22nd, 2023

Monday September 25th, 2023

(VIRTUAL 1:30pm-3:00pm)

Tuesday September 26th, 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

