



Prairie Mountain Health **HEALTHY BABY PROGRAM**

For pregnant mothers and parents with children under age 1.

- Ask questions about your pregnancy
- Learn about growth and development
- Meet other parents
- Enjoy a healthy snack
- Do activities with your baby
- Receive milk coupons (if eligible)

Birtle, MB

**Birtle Community Development Centre
684 Main St. Birtle, MB
10:00am-Noon**

September 28th, 2022

October 26th, 2022

November 23rd, 2022

December 21st, 2022 (2:00pm-4:00pm)

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.

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

