



Prairie Mountain Health HEALTHY BABY program

For pregnant women & parents with babies under 1

Healthy Baby is a drop-in program where 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).

Virtual Sessions on Microsoft Teams

COMMUNITY	DATE	TIME
Birtle	Wednesday April 21, 2021	10 am - Noon
	Wednesday May 19, 2021	10 am - Noon
	Wednesday June 9, 2021 *New Date*	10 am - Noon
Hamiota	Wednesday April 14, 2021	10am - Noon
	Wednesday May 12, 2021	10am - Noon
	Wednesday June 9, 2021	10am - Noon
Melita	Tuesday April 6, 2021	10am - Noon
	Tuesday May 4, 2021	10am - Noon
	Wednesday June 9, 2021 *New Date*	10am - Noon
Rivers	Tuesday April 20, 2021	10am - Noon
	Tuesday May 18, 2021	10am - Noon
	Wednesday June 9, 2021 *New Date*	10am - Noon
Russell	Wednesday April 21, 2021	10am - Noon
	Wednesday May 19, 2021	10am - Noon
	Wednesday June 9, 2021 *New Date*	10am - Noon
Virden	Tuesday April 13 & 27, 2021	10am - Noon
	Tuesday May 11 & 25, 2021	10am - Noon
	Wednesday June 9 *New Date* Tuesday June 22, 2021	10am - Noon

To register for these sessions or for more information
please call 1-204-748-2321 ext. 294 or email kkernel@pmh-mb.ca