

# 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).

## South Region June Schedule

COMMUNITY	DATE	TIME	LOCATION
Melita	Monday June 27th, 2022	1:30pm-3:00pm	Virtual Contact to register: swoodmass@pmh-mb.ca
Virden	Monday June 27th, 2022	1:30pm-3:00pm	Virtual Contact to register: swoodmass@pmh-mb.ca
Hamiota	Tuesday June 21st, 2022	10:00am-NOON	Virtual Contact to register: stourond@pmh-mb.ca
Rivers	Wednesday June 8th, 2022	10:00am-NOON	Virtual Contact to register: stourond@pmh-mb.ca
Russell	Wednesday June 15th, 2022	10:00am-NOON	Virtual Contact to register: stourond@pmh-mb.ca
Birtle	Wednesday June 22nd, 2022	10:00am-NOON	Virtual Contact to register: stourond@pmh-mb.ca
PMH Virtual Session	Monday June 27th, 2022	1:30pm-3:00pm	Virtual Contact to register: swoodmass@pmh-mb.ca

For more information about the Healthy Baby program, please contact your Healthy Baby Facilitator.

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

