



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)

Virden, MB

Oxford Assembly Church Basement

381 Oxford St. Virden

10:00am-NOON

Tuesday September 13th, 2022

Tuesday September 27th, 2022

Tuesday November 8th, 2022

Tuesday October 11th, 2022

Tuesday November 22nd, 2022

Tuesday October 25th, 2022

Tuesday December 13th, 2022

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-mb.ca

