



# Prairie Mountain Health HEALTHY BABY program

If you are pregnant or have a baby under the age of one, you and your partner or support person are invited to attend the Healthy Baby Program.

## At each session you will have the opportunity to:

- Ask questions about your pregnancy
- Learn about your baby's growth and development
- Get to know others moms and new parents
- Learn about nutrition and health for you and your family
- Get breastfeeding support
- Get parenting tips
- Connect with health care professionals
- Do activities with your baby
- Get information about healthy snacks/meals
- Receive a free cookbook and/or bib (one time only)
- Receive milk coupons (during your pregnancy & until your baby is 6 months old)



## BRANDON - Winter 2021

FOR PREGNANT WOMEN: 1:30 pm VIRTUAL SESSIONS	FOR PARENTS AND BABIES UNDER 1: 1:30 pm VIRTUAL SESSIONS
January 12 & 26	January 5 & 19
February 9 & 23	February 2 & 16
March 9 & 23	March 2 & 16

The COVID-19 situation is rapidly changing, please contact the Healthy Baby Coordinator to register, and find out the most up-to-date information. | 204-578-2545 | ebrown2@pmh-mb.ca

