



# Prairie Mountain Health HEALTHY BABY program

FALL / WINTER 2020 DATES

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 - Virtual Sessions

FOR PREGNANT WOMEN: 1:30 pm to 3 pm		FOR PARENTS AND BABIES UNDER 1: 1:30 pm to 3 pm	
September 1 & 15	October 6 & 20	September 8 & 22	October 13 & 27
November 3 & 17	December 1 & 15	November 10 & 24	December 8 & 22

For program information contact the Healthy Baby Coordinator | 204-578-2545 | ebrown2@pmh-mb.ca

