



# 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

COMMUNITY	LOCATION	DATE	TIME
Birtle	Birtle United Church– 1st Thursday of every 2nd month	Feb. 1, April 5, June 7 Aug. 2, Oct 4, Dec 6	10 am to NOON
Boissevain	Mennonite Brethren Church	Monthly; 2nd Wednesday	10 am to NOON
Carberry	Carberry Plains Health Centre	Monthly; 4th Wednesday	10 am to NOON
Glenboro	United Church	Monthly; 1st Wednesday	10 am to NOON
Hamiota	Cornerstone Pentecostal Church	Monthly; 2nd Wednesday	10 am to NOON
Killarney	New Life Assembly Church	Monthly; 3rd Wednesday	10 am to NOON
Melita	Elim Chapel	Monthly; 1st Tuesday	10 am to NOON
Minnedosa	St. Marks Anglican Church	Monthly; 3rd Tuesday	10 am to NOON
Neepawa	Public Library	Monthly; 2nd Tuesday	10 am to NOON
Neepawa	Neepawa & Area Immigrant Settlement Services	Monthly; 4th Tuesday	1:30 to 3:30 pm
Reston	Reston United Church	Monthly; 1st Tuesday	1:00 to 3:00pm
Rivers	Zion Church	Monthly; 3rd Tuesday	10 am to NOON
Russell	United Church	Monthly; 2nd Thursday	10 am to NOON
Shoal Lake	Westminster United Church– 1st Thursday of every 2nd month	Jan. 4, March 1, May 3, July 5, Sept. 6, Nov. 1	10 am to NOON
Treherne	Rec Centre (Kin Room)	Monthly; 1st Tuesday	10 am to NOON
Viriden	Oxford Assembly Church	Biweekly; 2nd & 4th Tuesday	10 am to NOON

For program information contact the Healthy Baby Coordinator | 204-578-2545 | [chunt1@pmh-mb.ca](mailto:chunt1@pmh-mb.ca)

