



# 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).

### CENTRAL (BRANDON) - Central United Church

#### For Pregnant women:

1 to 3 pm

September 4 & 18

November 13 & 27

October 2 & 23

December 11

#### For parents and babies under 1:

10 to NOON or 1 to 3 pm

September 11 & 25

November 6 & 20

October 16

December 14 & 18

### SOUTH

COMMUNITY	LOCATION	DATE	TIME
Birtle	Birtle United Church— 1st	Feb. 1, April 5, June 7	10 am to NOON
	Thursday of every 2nd month	Aug. 2, Oct 4, Dec 6	
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 3:00 pm
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	Jan. 4, March 1, May 3,	10 am to NOON
	Thursday of every 2nd month	July 5, Sept. 6, Nov. 1	
Treherne	Rec Centre (Kin Room)	Monthly; 1st Tuesday	10 am to NOON
Virden	Oxford Assembly Church	Biweekly; 2nd & 4th Tuesday	10 am to NOON

### NORTH

COMMUNITY	LOCATION	DATE	TIME
Roblin	United Church	Monthly; 3rd Tuesday	12:45 to 3:15 pm
Ste. Rose	Primary Health Care Centre	Monthly; 3rd Wednesday	10 am to 12:30 pm
Grandview	School - Multipurpose Room	Monthly; 3rd Thursday	9:15 to 11:45 am
Swan River	Temple Baptist Church	Monthly; 4th Tuesday	12:45 to 3:15 pm
Winnipegosis	Mennonite Church	Monthly; 4th Thursday	10 am to 12:30 pm

For program information contact the Healthy Baby Coordinator | 204-578-2500