



Join us at Healthy Baby!

If you're pregnant or have a baby under the age of one, come to a Healthy Baby community program. You can:

- ask questions about your pregnancy and your baby's development
- learn about nutrition and health for you and your family
- get parenting tips
- do activities with your baby
- get to know other new parents
- enjoy healthy snacks
- receive milk coupons (during pregnancy and until your baby is six months old)

Bring this invitation into a Healthy Baby group for your free bib or cookbook.



Find a community support program near you:

- 204-945-1301 in Winnipeg
- 1-888-848-0140 toll free
- manitoba.ca/healthychild