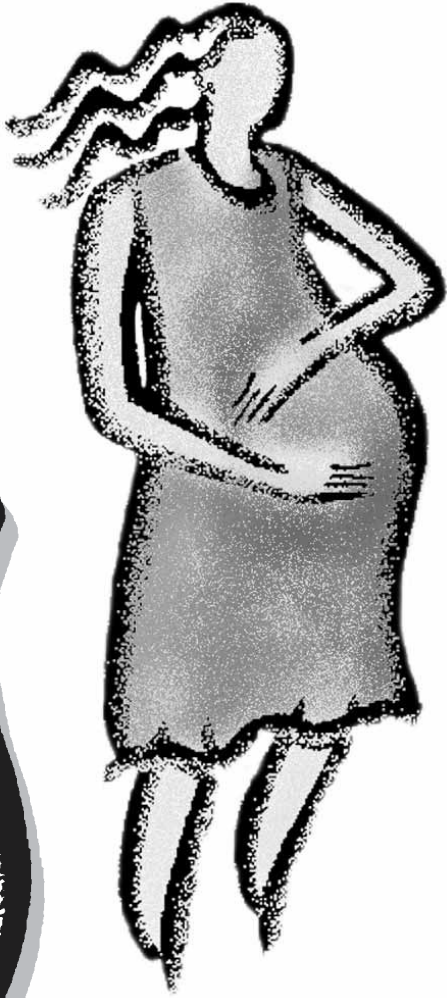


Healthy Baby programs are all around Manitoba – for you – both before and after your baby is born.

There are many good things about going to a Healthy Baby program in your area...



- ⊗ making new friends
- ⊗ learn more (in a fun way) about pregnancy, health, nutrition, taking care of your baby and cooking
- ⊗ healthy snacks, cooking activities
- ⊗ a friendly place to ask questions
- ⊗ milk coupons are available. Milk will help you get some of the extra calcium you need when you are pregnant
- ⊗ child minding for your older children and transportation assistance may be available

What some moms have said about the Healthy Baby community programs:

*“This is the best program I’ve seen.
I have so much fun...”*

*“Coming to this program gives me the strength
I need to keep going...”*

“I would never have breastfed if I hadn’t come...”

“I learned a lot and made new friends...”

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140 (945-1305 for the Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 and ask about federal programs.



Putting children and families first