

# Come to a Healthy Baby Program

And receive your free  
bib or cookbook!



If you're pregnant, or have a baby under the age of one, we'd like to invite you 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
- Meet other new parents

Find a Healthy Baby Community Support Program near you:

- 204-945-1301 in Winnipeg
- 1-888-848-0140 (toll-free)
- [manitoba.ca/healthychild](http://manitoba.ca/healthychild)



Healthy Child Manitoba  
Putting children and families first

Manitoba 

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Visit the Healthy Baby Community Program in your area

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