

# Healthy Start Weekly Virtual Groups



**Mondays**  
**11:00-11:30 AM**

## Wiggle, Giggle & Munch

Caregivers and kids ages 1 to 4  
Have fun and burn off some energy during this literacy and active play group

**Tuesdays**  
**1:30-2:00 PM**

## Pregnancy Group

Join an outreach worker, public health nurse and registered dietitian as they present pregnancy topics and answer your questions



**Wednesdays**  
**1:30-2:00 PM**

## In the Kitchen with the Dietitian

Join a Healthy Start dietitian to learn about preparing food, feeding yourself and your baby

**Thursdays**  
**1:30-2:00 PM**

## Parent & Baby Group (baby up to 1)

Join an outreach worker, public health nurse, and registered dietitian as they present various topics and answer your questions



To register for any session, please email [tech@hsmm.ca](mailto:tech@hsmm.ca)

To participate by phone, please call 204-949-5350