

Launches

## Free Antenatal Classes (Pregnancy Guidance Workshop)

**Date:** 11<sup>th</sup> May 2019

**Time:** 11:00 am to 1:00 pm

**Venue:** Auditorium, Nanavati Hospital, Mumbai

Giving Birth to a child is divine and empowering for a Woman.

The journey a woman goes through from getting pregnant to delivering a child is beautiful yet physically challenging. The physical transformation that takes place can be managed effectively with timely and correct advice from experts.

It therefore becomes vital for expecting mothers to understand and be physically prepared for the delivery whilst taking care of their body.

For this very reason Antenatal workshops play a vital role in educating expecting mothers about Pregnancy related discomfort and pain, Ergonomics and positive posture, Safety aspects, Exercises during pregnancy to prepare women for labour and birth, Methods to carry out Activities of Daily Living during pregnancy and so on.

### **AGENDA**

<b>Time</b>	<b>Topic</b>
11:00 – 11:15 am	Introduction
11:15 – 11: 30 am	Launch & Lamp lighting
11:30 am – 12:00 pm	Lecture on Healthy Nutrition in Pregnancy
12:00 – 12:30 pm	Lecture on Successful Breastfeeding
12:30 – 1:00 pm	Lecture on How to Keep Fit & Facilitate Vaginal Delivery
1:00 – 1:30 pm	Tea & Snacks

Registration Free, but Compulsory

Call: 7045686133