



FREE ANTENATAL CLASSES (Pregnancy Guidance Workshop)

Date : 8th June 2019

Time: 11:00 am to 1:00 pm

Venue: Auditorium, Basement Level 2,
Nanavati Hospital, Mumbai

AGENDA

Time	Topic
11:00 - 11:15 am	Introduction
11:15 - 11:30 am	Skin & Hair Care in Pregnancy
11:30 - 12:00 pm	Dental Care in Pregnancy
12:00 - 12:30 pm	Healthy Recipes in Pregnancy
12:30 - 01:00 pm	Lecture on How to Keep Fit & Facilitate Vaginal Delivery
01:00 - 01:30 pm	Tea & Snacks

Registration Free, but Compulsory

Call: 7045686133