

Antenatal Classes

(Pregnancy Guidance Workshop)

Date:

13th July 2019

Time:

11:00 am to 1:00 pm

Venue:

Conference Hall, Basement Level 1,
Nanavati Hospital, Mumbai

AGENDA

Time	Topic	Speakers
11:00 – 11:15 am	Introduction	
11:15 – 11: 30 am	Healthy Recipes in Pregnancy	Ms. Usha Sisodia & Team
11:30 am – 12:00 pm	Skin & Hair Care in Pregnancy	Dr. Raina Nahar
12:00 – 12:30 pm	How to overcome challenges in Breastfeeding?	Dr. Jui Shinde Patil
12:30 – 1:00 pm	Exercises for Easy Vaginal Birth	Dr. Sangeeta
1:00 – 1:30 pm	Tea & Snacks	

Registration Fees: Rs. 500/-

Call: 9152052023