



Nanavati

Super Speciality Hospital

a passion for healing...

ANTENATAL CLASSES

(Pregnancy Guidance Workshop)

Date: 7th December, 2019

Time: 11:00 am to 1:00 pm

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

AGENDA

| Time | Topic | Speakers |
|--------------------|--|---|
| 11:00 - 11:35 am | Healthy Recipes for Healthy Baby | Ms. Usha Sisodia Diet & Nutrition Department |
| 11:40 am -12:30 pm | How to Take Care of your Skin & Hair | Dr. Raina Nahar Cosmetology Department |
| 12:30 - 1:00 pm | Personal Training for Fitness in Pregnancy | Dr. Sangeeta & Team Physiotherapy Department |
| 1:00 - 1:15 pm | Tea & Snacks | |

Registration Fees: Rs. 500/-

Call: 9152052023

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