



ANTENATAL CLASS - MONTHLY SESSION

Comprehensive Care for Expecting Parents



Date every 4th Saturday



Time: 10:00 AM - 12:00 PM

Venue: Seminar Hall, 2nd Floor

Registration free (mandatory)

✓ Topics Covered:

- Pregnancy Care & Nutrition
- What to Expect During Labour
- Breathing & Relaxation Techniques
- Pain Relief Options in Labour – by Anesthesiologist
- Newborn Care & Vaccination - by Pediatrician
- Breastfeeding Basics
- Partner's Role in Birth & Beyond
- Physiotherapy session



Highlights:

- Interactive session with Q&A
- Take-home educational leaflets
- Open to expecting mothers & their partners
- Pregnant women & their partners are allowed

To Register

For Queries & Appointments



080 2202 8600



Email: life@prakriyahospitals.com



Prakriya Hospitals: 8th Mile, Tumkur Road,
Nagasandra, Bangalore - 560073

