



Antenatal CLASS

2019 - 2020 PROGRAMME

DATE	9:30AM - 10:30AM	10:30AM - 11:00AM	11:00AM - 12:00PM	12:00PM - 12.30PM	12:30PM - 1:30PM	1:30PM - 2:30PM	2:30PM - 3:30PM
	"I AM PREGNANT! WHAT NEXT?" by <i>Obstetrician & Gynaecologist</i>	ANTENATAL EXERCISE by Bains Physio Centre	EPIDURAL IN LABOUR by <i>Anaesthesiologist</i>	REFRESHMENT BREAK	DIET INTAKE DURING PREGNANCY by <i>Dietitian</i>	IMMUNISATION by <i>Paediatrician</i>	BREASTFEEDING by <i>Midwife</i>
	"I AM PREGNANT! WHAT NEXT?" by <i>Obstetrician & Gynaecologist</i>		EPIDURAL IN LABOUR by <i>Anaesthesiologist</i>		DIET INTAKE DURING PREGNANCY by <i>Dietitian</i>	IMMUNISATION by <i>Paediatrician</i>	BREASTFEEDING by <i>Midwife</i>
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Kindly register with labor room staffs at least one (1) week prior to the antenatal class
 For enquiry or registration please contact:
 (+60) 6 8500 999 ext 3105
 012-3608117 (Labour Room)