

ST GEORGES HOSPITAL
Mother & Baby Clinic
40 Park Drive
Port Elizabeth. 6000
Practice No. 8817189

HELEN WARD ANTENATAL CLASSES

Ante Natal Classes will be commencing on Monday 28th October 2024.

Please wear something comfortable to work that day, as we will be doing a few stretches and mild exercises during the class. Class times: 17h15 to 19h00

All classes may be attended by Moms and Dads / Partners.

The course fee is R 1300.00, payable on the first night, if possible. Some medical aids do reimburse you for these classes. Please chat to me with pleasure if you have a problem with payment.

Classes will be every Monday evening from then on – please see dates below.

The course covers all topics as stipulated in the class layout as well as education on choking and CPR for infants, children and adults.

The dates for your classes are on MONDAY 28th October, 4th, 11th, 18th November 2024 - continuing for longer if required.

Please visit my website at www.antenatalclinic.co.za for additional information, or contact me should you have any questions beforehand. I look forward to meeting you.

Please confirm your attendance by completing the registration form and emailing it to me, or contact me on 0832709020 during office hours.

Love,
Helen

P.S: If there is a problem with the dates, please contact me.

Antenatal Course

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| 28th October 2024 Class 1 | Labour <ul style="list-style-type: none">• Stages of labour• Positions and breathing for labour• Video of natural birth• Relaxation techniques |
| 4th November 2024 Class 2 | Caesarean section <ul style="list-style-type: none">• Video of Caesarean section• Practical session of labour• Post Natal Depression |
| 11th November 2024 Class 3 | <ul style="list-style-type: none">• Breast Feeding |
| 18th November 2024 Class 4 | <ul style="list-style-type: none">• Baby Bathing• Immunizations• Post Natal Care• First Aid |