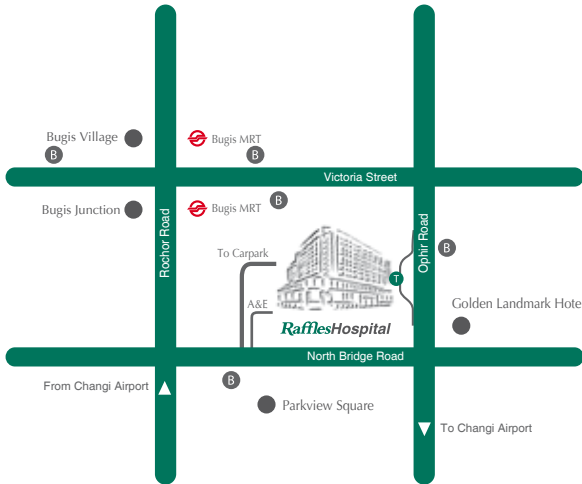


Physiotherapy Centre
ANTENATAL CLASS
 From Pregnancy to Parenthood



- T** Taxi Stand (To Hospital's Main Lobby)
- B** Bus Stop

North Bridge Road	7, 32, 51, 61, 63, 80, 145, 175, 197 & 851
Ophir Road	2N, 48, 4N, 57 & 7N
Victoria Street	2, 7, 12, 32, 33, 51, 61, 63, 80, 130, 133, 145, 175, 197, 851, 960, 980 & NR7



Sponsored by



You are about to go through an important and wonderful experience in your life - childbirth.

Our Antenatal classes will help you prepare for your impending delivery. We will cover topics on maternal nutrition, exercise, labour and delivery, practical advice on how to care for your baby, and making adjustments in preparation for parenthood.

Our programme comprises 6 comprehensive lessons. The classes will allow you to discuss any concerns you might have with other expectant parents and with our qualified Physiotherapist, Dietitian and Parentcraft Educator.



A 6-Lessons Course for Parents-To-Be @S\$179.75*

(From 12th week of Pregnancy)

Schedule and Topics

Lesson 1: - Maternal nutrition

Lesson 2: - Changes in a woman's body during Pregnancy
- Exercise during pregnancy
- Safety considerations for each trimester

Lesson 3: - Relaxation through massage
- Coping with 1st stage of labour

Lesson 4: - Coping with 2nd stage of labour
- Essential exercises and getting back into shape for the postnatal mother

Lesson 5: - Preparation for breastfeeding & other common concerns

Lesson 6: - Transition into parenthood
- Normal characteristics / appearance of a newborn
- Care for the newborn
- Hospital Tour

Venue and Schedule

Venue: Raffles Hospital, Level 11 (Learning Centre)

Time: 18:30 - 20:00

Date: Every Tuesday

Registration and Payment

You may register with an advance payment of S\$179.75* at:

- Raffles Women's Centre located at level 12; or
- Raffles Physiotherapy Centre located at level 13 of Raffles Hospital.

Attire

Comfortable clothes, shoes and pants for exercise.

Cancellation

- Any cancellation has to be made in writing, 7 working days before the commencement of the course.
- A cancellation fee of S\$53.50* is applicable.

For more information, please contact
Raffles Physiotherapy Centre at 6311 2350.

* Prices include GST