

MEDICLINIC baby

PREPARING FOR BABY ONE CLASS AT A TIME

JOIN MEDICLINIC STELLENBOSCH FOR ANTENATAL CLASSES
TO BEST PREPARE YOU FOR YOUR PARENTHOOD JOURNEY.

**The one-day crash course -
Saturday crash course 2025:**

18 January 2025
15 February 2025
15 March 2025
12 April 2025
10 May 2025
26 July 2025
16 August 2025
13 September 2025
18 October 2025
15 November 2025
13 December 2025
20 December 2025
Time: 09:30 - 16:00

**Five-week class 2025 - commences
every Wednesday of each month:**

22 January - 19 February
26 February - 26 March
2 April - 30 April
21 May - 18 June
23 July - 20 August
27 August - 24 September
15 October - 12 November
Time: 18:00 - 20:00

Join Clinical Nurse Practitioner Irene Damon and Mediclinic Stellenbosch resident specialists weekly as they discuss the following topics:

 **WAITING EXCITEDLY ON BABY**

 **PREPARING TO MEET BABY**

 **IMPORTANCE OF IMMUNISATION**

 **BENEFITS OF ATTENDING ANTENATAL CLASSES**

For queries or bookings, please contact
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EXPERTISE YOU CAN TRUST.

www.mediclinic.co.za

