

MEDICLINIC baby

GET BABY WISE TOGETHER ON A ROMANTIC WEEKEND BREAK.

PREGNANCY IS A VERY SPECIAL AND EXCITING TIME FOR NEW PARENTS, BUT IT CAN ALSO BE DAUNTING, ESPECIALLY IF YOU FEEL YOU ARE UNPREPARED. CONVENTIONAL 6 – 8 WEEK ANTENATAL CLASSES ARE THE BEST WAY TO DISCOVER ALL YOU NEED TO KNOW ABOUT LABOUR, CHILDBIRTH AND YOUR BABY, BUT NOT EVERY COUPLE HAS THE TIME TO ATTEND THEM TOGETHER.

FOR MORE INFORMATION [CLICK HERE](#) TO VISIT OUR WEBSITE, SMS THE WORD 'WEEKEND' TO 37838 (Sms charged at R1.00 RSA only) OR EMAIL mediclinicbaby@mediclinic.co.za

6 WEEKS OF KNOWLEDGE IN ONE SPECIAL WEEKEND

Mediclinic baby antenatal weekends offer a unique opportunity for busy couples to receive all the information normally presented in a 6 week course, whilst enjoying a luxury weekend getaway together. Our comprehensive courses are presented by medical specialists in the fields of childbirth and baby care and are held at romantic resorts throughout South Africa and Namibia.

Weekend Packages DESIGNED TO SPOIL YOU

- Cost includes bed and dinner on Friday
- Bed, breakfast, lunch and dinner on Saturday
- Breakfast on Sunday
- Antenatal courses, presented by medical specialists
- A complimentary Mediclinic baby Antenatal File
- Cost: R5 500 per couple (Terms and conditions apply).

PROGRAMME

Friday:

- Welcome
- Introduction for dads, by a dad

Saturday:

- Delivery methods
- Pain relief options
- Baby's brain development
- Childproofing your relationship

Sunday:

- Infant feeding
- Baby care (bathing, immunisation, etc)



CHOOSE FROM 6 BEAUTIFUL VENUES



KWAZULU-NATAL - ZIMBALI LODGE

9-11 March

Close to Ballito and about 45km from Durban on the Northern Coast of Kwazulu-Natal.



GAUTENG - KLOOFZICHT LODGE

20-22 April 2012 / 13-15 July 2012 / 9-11 November 2012

Situated in Muldersdrift, Kloofzicht Lodge is a convenient 40 minutes drive from Pretoria or Johannesburg.



WESTERN CAPE - SANTÉ HOTEL RESORT & SPA

18-20 May 2012

In the picturesque Franschhoek Valley, near Cape Town. Santé Hotel & Spa is dedicated to wellbeing.



NAMIBIA - ERINDI GAME LODGE

29 June - 1 July 2012

A luxurious Game Lodge situated in a stunning location between Windhoek and Otjiwarongo.



WESTERN CAPE - LANZERAC HOTEL

24-26 August 2012

The Lanzerac Hotel & Spa is in the Stellenbosch winelands and promises a memorable experience.



FREE STATE - PROTEA HOTEL CLARENS

12 - 14 October 2012

Clarens is in the beautiful eastern Free State and within driving distance of many major towns and cities.