

MEDICLINIC baby

PREPARING FOR BABY ONE CLASS AT A TIME

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

One-day crash course dates:

Saturday, 20 January 2024
Saturday, 24 February 2024
Saturday, 16 March 2024
Saturday, 13 April 2024
Saturday, 18 May 2024
Saturday, 8 June 2024
Saturday, 27 July 2024
Saturday, 24 August 2024
Saturday, 21 September 2024
Saturday, 19 October 2024
Saturday, 16 November 2024
Saturday, 7 December 2024

Time: 09:00 - 17:00

Starting dates of five-week course:

Wednesday, 24 January 2024
Wednesday, 28 February 2024
Wednesday, 3 April 2024
Wednesday, 15 May 2024
Wednesday, 10 July 2024
Wednesday, 21 August 2024
Wednesday, 2 October 2024
Wednesday, 13 November 2024

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
Clinical Nurse Practitioner Irene Damon
T 021 861 1150
mother.babywellnessstb@mediclinic.co.za

EXPERTISE YOU CAN TRUST.

www.mediclinic.co.za

