

**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 2026:**

24 January 2026  
21 February 2026  
14 March 2026  
11 April 2026  
9 May 2026  
30 May 2026  
20 June 2026  
25 July 2026  
8 August 2026  
29 August 2026  
19 September 2026  
17 October 2026  
14 November 2026  
12 December 2026

**Time: 08:30 – 15:30**

**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](http://www.mediclinic.co.za)

