

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
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EXPERTISE YOU CAN TRUST.

