

PROGENY... Where life begins



Pregnancy is a wonderful time in a woman's life. It is a time to enjoy and to bond with the life within. Let us make it healthy, informed and positive.

We offer you three sessions to create a positive womb experience. These sessions provide a comprehensive preparation for pregnancy and breast feeding.

Trimester session

- 👉 Information on pregnancy
- 👉 Healthy eating and nutrition for the pregnant mother
- 👉 Safe and simple exercises

Labour session - Orientation to

- 👉 The process of labour
- 👉 What to expect in labour?
- 👉 Pain relief options

Breast feeding session

- 👉 Importance of breast feeding
- 👉 How to make it easy
- 👉 How to identify and deal with problems



Date	Time	Class
02.01.2011, Sunday 12.02.2011, Saturday	10am - 12pm 4pm - 6pm	Exercise and nutrition session
08.01.2011, Saturday 20.02.2011, Sunday	4pm - 6pm 10am - 12pm	Breast feeding session
22.01.2011, Saturday 26.02.2011, Saturday	4pm - 6pm 4pm - 6pm	Labour session

Call us @
24716741

For registration please contact
Mr. Saravanan, MediScan
15, Swagatham apts, 20th avenue,
P.T. Rajan road, KK nagar,
Chennai -78
(Near lakshmansruthi musicals)

A Seethapathy Hospital & MediScan initiative

Conducted by
Rekha Sudarsan, Psychologist

Certified Child Birth Educator, USA, Certified Breast Feeding Counsellor, USA
Certified HypnoBirthing Practitioner, USA, Certified Perinatal Fitness & Wellness Specialist, USA

Limited seats only

Come and make use of this opportunity !!!