

Saturday Antenatal and Parenting workshops

Saturday 21 March 2026

- Pregnancy and physical/emotional changes
- Birth fears and expectations
- Natural birth and pain management
- Ceaser Birth and recovery
- Diet and a healthy pregnancy
- Medical issues in pregnancy
- Partners role during pregnancy and birth
- What to pack for hospital

***9am to 2pm**

***Manor Medical Centre
189 Kelvin Drive
Morningside Manor**



Free gifts and prizes!!!

Email:- Sr Mary-Ann Alves

maryann@ntnis.co.za

WhatsApp or msg: 067 076 7818

*** R2000 for both Saturdays**

*** R1000 for one Saturday**



Saturday 28 March 2026

- All about Breastfeeding
- Other feeding basics
- Newborn Care
- Sick baby and emergencies
- parenting in the first few months
- Couple care
- Vaccinations and clinic visits

