



# PARENTCRAFT

Specially designed to meet  
the needs of expectant mothers

Learn breathing techniques for labour and delivery (LAMAZE), pre and post natal exercises, nutrition for lactating mothers, breast feeding education and much more.

**MAY 2018 - DECEMBER 2018 | TIME: 2.00 PM - 4.30 PM**

## VENUE :

*(1st & 2nd session of the month will be held at Foyer Block B (Level 9)*

**Exercise Sessions - Physiotherapy Department, 4th Floor, Block A**

MAY	5/05/2018	19/05/2018	26/05/2018
JULY	7/07/2018	14/07/2018	21/07/2018
AUGUST	4/08/2018	11/08/2018	18/08/2018
SEPTEMBER	8/09/2018	15/09/2018	22/09/2018
OCTOBER	6/10/2018	20/10/2018	27/10/2018
NOVEMBER	10/11/2018	17/11/2018	24/11/2018
DECEMBER	1/12/2018	8/12/2018	15/12/2018

**Course Fee RM220.00\* per couple for three (3) sessions in a month**

*(Payment and Register at Ground Floor of the Hospital Lobby) \*price effective 1 Feb 2014*

Further Enquiries: 03-4141 3271 (Ms Elpeni Ramli) / 03-4141 3419 (Ms Sasi Vathana)