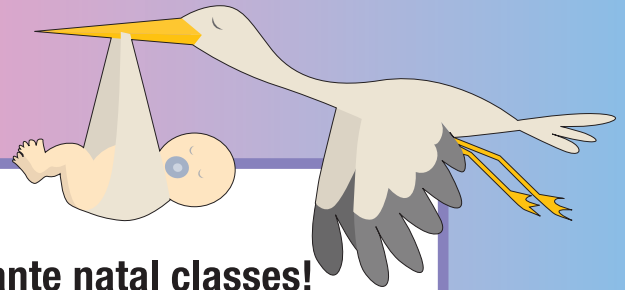


# BABY WISE

CHILDBIRTH & PARENTING EDUCATION CENTRE



## ANTE NATAL CLASSES

Thank you for enquiring about our ante natal classes!

Classes are offered at both Fourways and West Rand venues:

**WEST RAND** **Venue:** 183 Ontdekkers Road, Horizon View

**Duration:** 6 weeks

**Time:** Thursday evenings 7- 9pm

**FOURWAYS** **Venue:** 52 Kingfisher drive, same street as Montecasino.

**Cost:** R1 200 cash on first visit (claimable from medical aid – yourself).

Selected classes: R250 per class

**Time:** 08h30 – 13h00 First two Saturdays of each month

### COURSE CONTENT:

First Saturday	Second Saturday
08h30 Natural birth	08h30 Baby care
10h00 Pain control	10h00 Breastfeeding
12h00 C/Section	12h00 Parenting

**When to start:** As close to 30 weeks of pregnancy as possible;  
if attending Saturday classes, you may start even later.

**How to book:** SMS TO 082 451 2557 on week 29;  
or the week before you are due to start.

*Hope to year from you soon Diana*

**Dr Diana du Plessis 082 451 2557**

183 Ontdekkers Road, Horizon View, West Rand

**52 KINGFISHER**

**HEALTH & BABY CENTRE**

No 52 Kingfisher Drive Fourways