

PATIENT FAMILY EDUCATION UNIT, WWRC  
Invites you to attend

Maternal & Child Birth Virtual Education Classes  
Theme: Be Prepared, Be Confident, Be Empowered!

Topics being covered in the classes:

- Healthy Pregnancy & Prenatal Care
- Diet & Nutrition
- Minor Discomforts in Pregnancy
- Birth Preparation – Labor & Delivery
- Labor Pain Management
- Induction of Labor
- How to use birthing ball
- Antenatal Exercise
- Newborn Care & Safety - Baby Care Basics
- Postpartum self-care after delivery
- Breastfeeding
- Labor & delivery room walk through

For registration, contact Patient and Family Education (PFE) Clinic on  
402-61213 or 66196306 between 7am to 2.30pm from Sunday to Thursday.

