



HOLY FAMILY HOSPITAL

Hospital Class CANCELLED?



Birthing

Classes

...Go Online

LIVE ON ZOOM

Labour & Pain Management | Exercises | Birth Partner Support | Healthy Birth Practices | Emotional Well-being and more

All from the comfort and safety of your home

For more information, please connect with us on - +91 93216 13626



HOLY FAMILY HOSPITAL



BIRTHING CLASS NOW ON ZOOM

**Learn gentle exercises, body stretches,
breathing & relaxation.**

**You and your husband discover how to use
these tools to ease the process of birth**

Steps for Registration:

- 1. New batch on every 1st Saturday of the month at 10:00 AM**
- 2. Fees: Rs. 4000/- for 3 sessions.**
- 3. Expectant mothers, from 28th to 36th week may register for the classes.**
- 4. Please call on +91 9321613626 for bank details to make online payment. (From 08:00 AM to 08:00 PM)**
- 5. After making online payment, please forward the payment acknowledgment on WhatsApp on the same number mentioned above.**
- 6. Zoom ID & Password with details will be sent one day prior to the start of the class.**

Please Note: Registration will be closed one week before the scheduled Birthing Class.