

ST GEORGES HOSPITAL  
Mother & Baby Clinic  
40 Park Drive  
Port Elizabeth. 6000

## **HELEN WARD ANTENATAL CLASSES**

Ante Natal Classes will be commencing on Thursday 5<sup>th</sup> Dec 2019. Please wear something comfortable to work that day, as we will be doing a few stretches and mild exercises during the class. Class times: 17h15 to 19h00

The first class will be for mom's only, where after your husband will join for classes. I would like to get to know you and we can also have a good "girls chat" without the husbands, discussing anything of a personal nature.

The course fee is R1,000.00, payable on the first night, if possible. Some medical aids do reimburse you for these classes. Please chat to me with pleasure if you have a problem with payment.

Classes will be every Monday evening from then on at the Mother & Baby Clinic at St Georges Hospital, situated at the back of the hospital grounds. Please follow the signs as you drive into the hospital grounds. Park your car in the double storey car park, my rooms are right there.

***The dates for your classes are on Thursday 5<sup>th</sup>, Monday 8<sup>th</sup> DEC 2019, then closing for Christmas and continuing on 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Jan, 3<sup>rd</sup> Feb 2020 and continuing for longer if required..***

Please visit my website at [www.antenatalclinic.co.za](http://www.antenatalclinic.co.za) for additional information, or contact me should there are any questions beforehand. Looking forward to meeting you and having some fun.

Please confirm your attendance by email, or contact me on 041-3926128 or 0832709020 during office hours.

Love,  
Helen

P.S: If there is a problem with the dates, please contact me.