



TE RITO ORA PRESENTS

JANM AUR PARVARISH 2022

**FREE PREGNANCY HEALTH INFORMATION
ZOOM SESSIONS FOR INDIAN WOMEN**

Monday and Thursday @ 10.30-11.30AM

via Zoom

Breastfeeding

Labour & Birthing

Nutrition and Physical activity

Early Child Bonding and Parenting

Safe Sleep and Bathing Baby

Immunisation

Labour and Birthing



TE RITO ORA

**FOR MORE INFORMATION AND TO REGISTER
CALL 0800 435 723
OR EMAIL TERITOORA@MIDDLEMORE.CO.NZ**

