

TE RITO ORA PRESENTS

JANM AUR PARVARISH 2022

FREE PREGNANCY HEALTH INFORMATION ZOOM SESSIONS FOR INDIAN WOMEN

Mondays & Thursdays 10.30-11.30am

Breastfeeding 07/03

Labour and Birthing 10/03

Nutrition & Physical Activity 14/03

Early Child Bonding and Parenting 17/03

Safe Sleep and Bathing Baby 21/03

Breastfeeding 24/03

Immunisation 28/03

Labour and Birthing 31/03

TO JOIN- <https://cmhealth.zoom.us/j/91843114857>

Meeting ID- 918 4311 4857

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

