



Relax, Baby!

Expectant moms in the city can now benefit from the special antenatal workshop hosted by LifeCell International. This interactive workshop will help you remove all the myths and greet your pregnancy with ease



ARE you a new mom-to-be looking for ways to make this special time of your life more relaxing and comfortable? Expectant moms can now enrich themselves with important tips on the care and precautions that are needed before, during and post pregnancy to ensure good health of both mother and the child.

LifeCell International Pvt. Ltd is organising a one-day antenatal workshop for expectant mothers in the city on June 27. The workshop will be conducted by Rekha Sudarshan, a psychologist and antenatal specialist. The antenatal workshop will be designed with an aim to enlighten and empower future moms and prepare them for the process of labour and birth. It will educate the to-be-parents on what they can expect during each of the pregnancy stages. The specialist will share various tips which would help the would-be mothers understand and respond to the many physical, psychological and hormonal changes that come along the period of pregnancy.

The workshop will also touch upon breathing exercises and relaxation techniques. Such exercises will enable the expectant mothers to remain calm and relaxed during pregnancy. These techniques can be used during labour and birth to encourage the mind and body to work together naturally. Improve positive hormone production and promote a feeling of calm and well being.

LifeCell has been conducting many such programmes for expectant mothers in various cities. The workshop is open for 3 to 8 months pregnant women.

WHEN : June 27

WHERE: Fortune Select Manohar, Crystal Palace B, Begumpet

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