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Childbirth & Parenting Programs The Sutherland Hospital

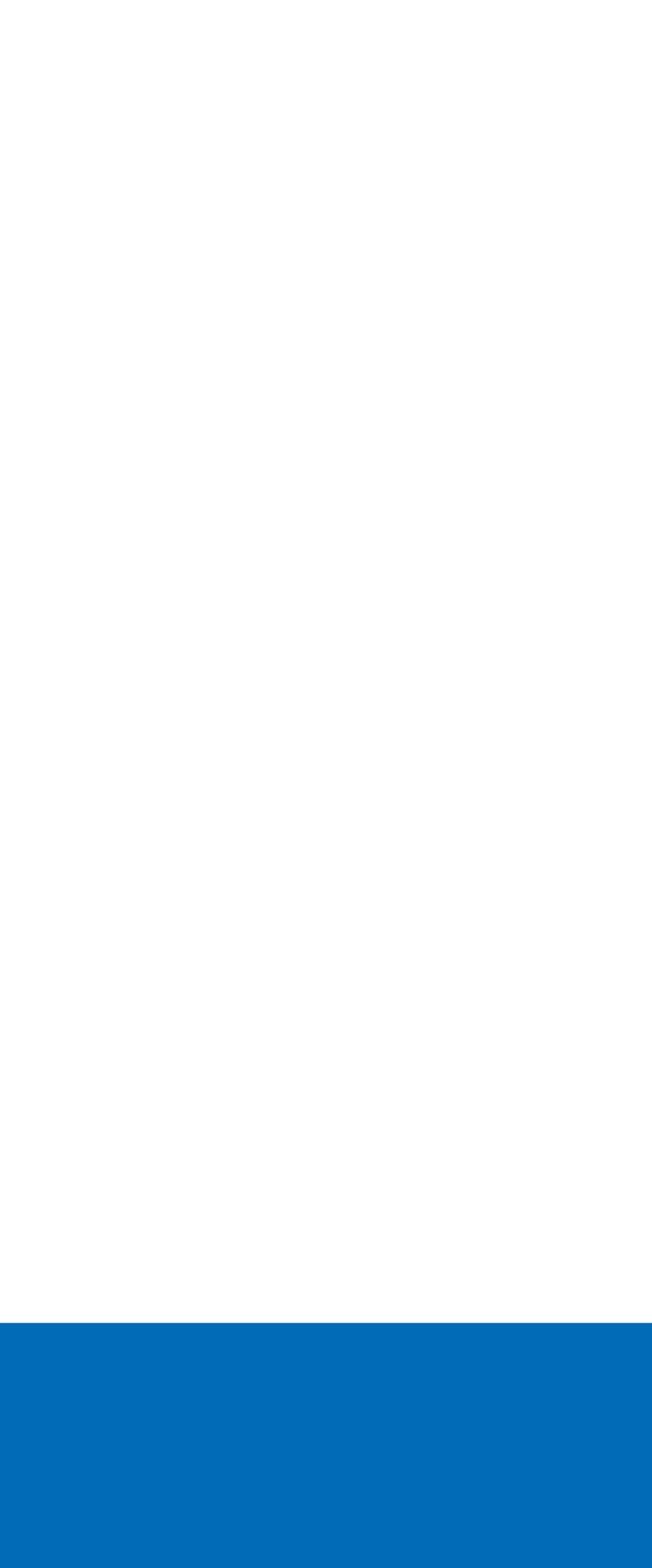
Are you planning to become pregnant? Join our Midwives for this 2 hour program where you will learn important information to help you have a healthy pregnancy and ensure the best possible start in life for your baby. Together with a registered midwife, you will discuss the importance of diet, supplements, medical issues, fertility, health and lifestyle factors.

**Cost: $40.00** for two people.

**Book and pay online:**

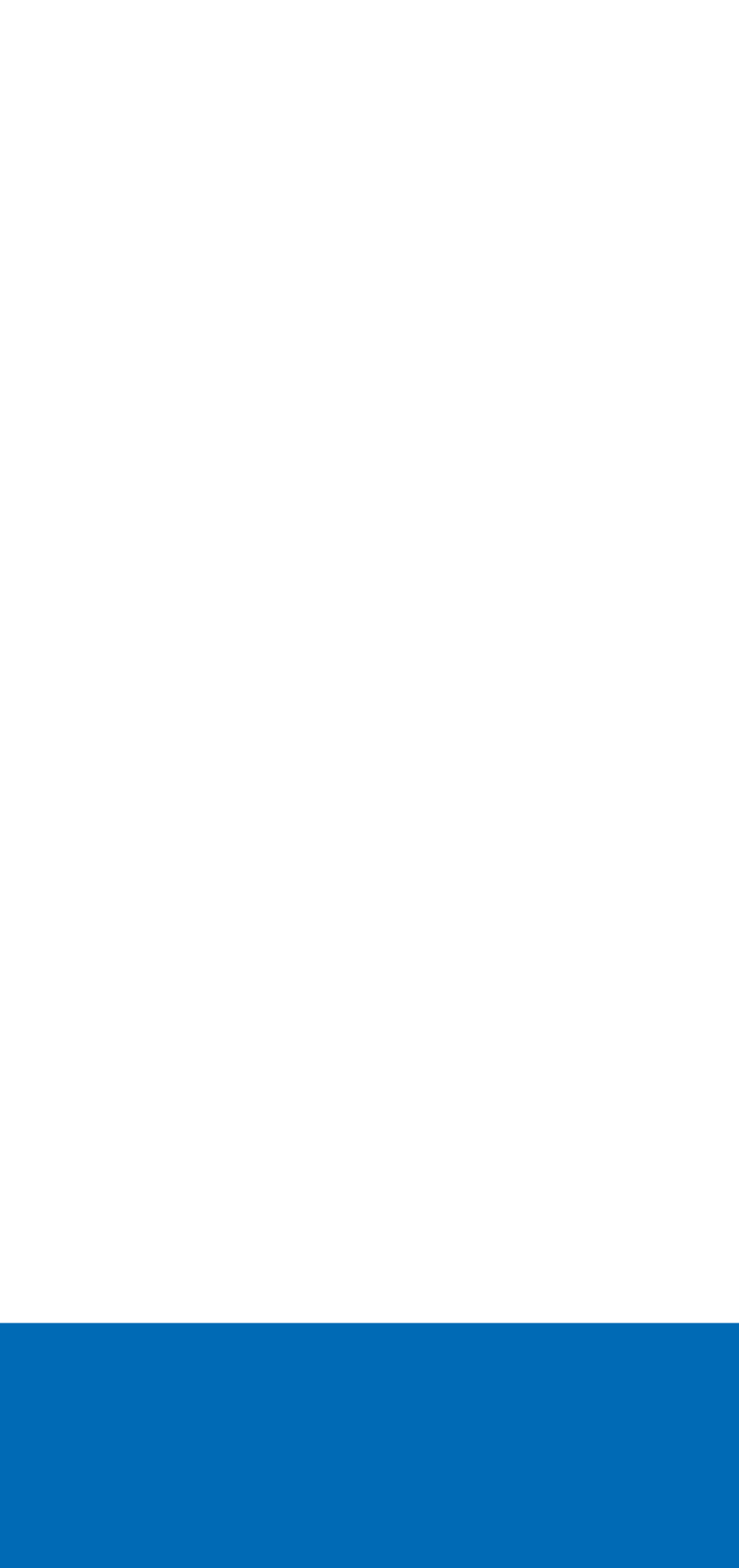
Planning Your Baby





seslhd-TSHParenteducation@health.nsw.gov.au

Updated January 2025



Insert Contact Details Here

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