



Birth Essentials

WHAT IS COVERED IN THE INFORMATION SESSION?

Preparing for Labour
Labour and Birth
Managing Pain
Medical Interventions
Breastfeeding
Baby's First Days

2024 DATES

January 13th - Saturday
February 17th - Saturday
April 13th - Saturday
June 1st - Saturday
July 20th - Saturday
September 7th - Saturday
October 26th - Saturday
December 14th - Saturday

VENUE: RRM Rooms TIME: 9:00am

COST - \$160.00

Depending on your health fund, a rebate may be claimable.



TO BOOK OR FOR MORE INFORMATION
PLEASE CONTACT RRM ADMIN STAFF
4965 6565 OR
ADMIN@RITURANAMEDICAL.COM.AU