



HOSPITAL UMRA
Because We Care...

Ante-natal FORUM

2 MARCH 2019

10:00 am - 3:00 pm

3rd Floor Hospital UMRA

RM50 / couple



Lunch provided

- 10:30 am Registration
- 11:10 am Nutrition & Supplements in Pregnancy
- 11:50 am Breast Milk is Best
- 12:15 pm Breathing Exercise During Labour
- 1:00 pm Stages of Pregnancy & Labour/Delivery Preparation
- 2:15 pm Lunch Break
- 3:00 pm Care of the Newborn

For more info, call 012-6601944 or email marketing@umra.com.my

Yes, I would like to register for this forum. ✂

Name :

Hp No :

Email :

Spouse :

Hp No :

Email :

Please tick where applicable

Cash / Card payment to Maybank 5621 0622 3701 (Umra Medical Services Sdn. Bhd.)

Please w/app bank-in slip to Pn. Hayati 012-6601944 as proof of payment /
[email marketing@umra.com.my](mailto:marketing@umra.com.my)



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