

FREE Online Pregnancy Education For Women from overseas birthing at The Royal Hospital for Women



**Dates in 2024: 30/01, 26/03, 28/05, 30/07,
24/09, 26/11**

Time: 10:00 – 12:00pm

FREE online education about pregnancy, breastfeeding, physiotherapy, preparing for labour and birth with Midwife Educator, Lactation Consultant, Physio team, and Cross Cultural Worker.

For more details and link to join, please contact:
Galuh Sapthari – Cross Cultural Worker RWH

 0439 510 697  Galuh.Sapthari@health.nsw.gov.au