

Antenatal workshop on February 27

From The Business Diary Team

Hyderabad, Feb 25: 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, India's pioneer stem cell banking company is hosting a free antenatal workshop at on Sunday, February 27 from 2.00 pm to 6.00 pm at Fortune Select Manohar, Begumpet. This session will be conducted by Ms. Rekha Sudarshan, a psycholo-

gist and antenatal specialist from Chennai and will emphasize on mother care and child care and provide guidance to make motherhood a blissful journey for the expectant moms.

The antenatal program by LifeCell International is designed to give an overview about pregnancy, discussing various topics related to pregnancy like hormonal changes, diet and nutrition tips to maintain a healthy outlook during pregnancy. The workshop emphasizes on the benefits of

breast feeding and routine exercises which will enable an expectant mother to remain calm and relaxed during delivery, including sessions on birth preparation and handling labour fear.

Rekha Sudarshan will also demonstrate some complicated 'pelvic exercises' for muscle relaxation and the attendees will also be educated on the importance and benefits of cord blood stem cell banking for their child which is once in a life time opportunity for them to secure their baby's future health.