

# Antenatal Classes



At Nepean Private Hospital we offer our maternity patients and their support person an opportunity to attend a series of antenatal classes, our *Birth and Beyond* program. While classes mainly consist of first-time expectant parents, existing parents, who are gaining a new addition to their family, are also very welcome.

Our antenatal program is practical, informative and tailored to suit your birthing experience at Nepean Private. We aim to prepare you with the essentials for your physical and emotional wellbeing in late pregnancy, during your baby's delivery and also for early day to day life with your newborn. Classes include a tour of our Maternity Unit.

Those who have attended our classes say an important benefit of the program is the opportunity to meet other expectant parents sharing similar situations and experiences.

Classes are held on Thursdays, over four weeks from 6.30pm to 9.30pm OR two Saturdays from 9.00am to 3.30pm. The cost of our antenatal classes is \$300.

**If you are interested in attending, please contact our maternity unit via email on:**  
[nepeanmaternitybookings@healthscope.com.au](mailto:nepeanmaternitybookings@healthscope.com.au)  
**and quote your reference number. Our friendly staff will be in contact with you to organise your booking.**



## Nepean Private Hospital

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