



Gleneagles Hospital

HONG KONG

港怡醫院

產前講座

Antenatal class

8/2026-11/2026



費用全免 Free of Charge

名額有限，先到先得，只限30對準父母。

成功報名人士，將於講座前約一星期收到電話及電郵確定。

Limited quota, on a first-come-first-served basis, up to 30 pairs of parents-to-be.

Successful applicants will receive a confirmation call and an email around one week before the class.

	日期 Date	地點 Venue	內容 Topic	講者 Speaker
第一節 1st Session	22/8/2026 星期六 Saturday 2 p.m. - 4 p.m.	港怡醫院 低層地下演講廳 Seminar Room, LG/F, Gleneagles Hospital Hong Kong	- 婦產科專科醫生建議 Advice from Specialist in Obstetrics & Gynaecology - 入院物品及程序 Admission preparation and procedure	- 婦產科專科醫生舒敏欣醫生 Dr Wendy Shu, Specialist in Obstetrics & Gynaecology - 註冊助產士 Midwife
第二節 2nd Session	19/9/2026 星期六 Saturday 2 p.m. - 4 p.m.		- 產前、產後飲食建議 Antenatal and postnatal dietary advice - 產後護理 Postnatal care - 嬰兒護理 Baby care	- 註冊營養師 Dietitian - 註冊助產士 Midwife - 育嬰室註冊護士 Nursery Nurse
第三節 3rd Session	24/10/2026 星期六 Saturday 2 p.m. - 4 p.m.		- 新生嬰兒常見問題 Common issues in newborns - 餵哺母乳建議及示範 Breastfeeding advice - 止痛舒緩方法 Pain relief methods	- 兒科專科醫生巫仲然醫生 Dr Mo Chung-yin, Alex, Specialist in Paediatrics - 國際認證泌乳顧問 International Board Certified Lactation Consultant (IBCLC) - 麻醉科專科醫生鄭經歷醫生 Dr Cheng King-lik, Erick, Specialist in Anaesthesiology
第四節 4th Session	28/11/2026 星期六 Saturday 2 p.m. - 4 p.m.		- 產前、產後運動建議 Antenatal and postnatal exercise advice - 孕婦產前產後宜忌 Dos and don'ts during pregnancy and confinement - 母乳餵哺問題與實用技巧 Practical skills on breastfeeding	- 物理治療師 Physiotherapist - 註冊中醫師廖璟婷醫師 Liao Jing-ting Victoria, Registered Chinese Medicine Practitioner - 國際認證泌乳顧問 International Board Certified Lactation Consultant (IBCLC)

備註 Remarks:

- 講座以廣東話進行
All sessions will be conducted in Cantonese
- 每對參加者將獲贈精美禮品包
Free gift pack for each attending couple
- 如欲查詢其他產前講座時間表，歡迎致電與我們聯繫
For other antenatal class schedules, please contact us by phone

查詢及報名 Enquiry and Registration (+852) 3153 9303



立即網上報名
Register online now

全力支持 Supported by:

