

Healthy Mother, Hyderabad's first and only independent provider of Lamaze-based prenatal and postnatal wellness programs, announces the opening of its newest center in Secunderabad

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Hyderabad, Andhra Pradesh, November 13, 2008 /[India PRwire](http://www.indiaprwire.com)/ -- Healthy Mother, Hyderabad's first and only independent provider of Lamaze-based prenatal and postnatal wellness programs announced the opening of its 4th center in the city. Located in the heart of Secunderabad, the center is situated in Samrat Colony, less than 2km from Secunderabad Club and very easily accessible from all surrounding areas.

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Mr. Sakotai added, "Many of our would-be mothers and dads come from the Secunderabad and surrounding areas. In keeping with customer demand, we have decided to open a center where our customers reside. The center is located in a quiet neighborhood where expectant mothers and dads can learn about pregnancy, and wellness techniques in relaxed atmosphere. Each batch has a maximum of six couples, and promotes mother-to-mother interaction for sharing experiences, ideas and thoughts."

Notes to Editor

Healthy Mother is Hyderabad's first and only independent provider of wellness programs for expectant mothers and new moms. We empower would-be-mothers with the knowledge and techniques to go through pregnancy in a confident manner and to trust their bodies' ability to give birth naturally. Our programs are based on the internationally renowned Lamaze philosophy of natural childbirth, which emphasizes avoidance of unnecessary medical intervention in childbirth, such as labor induction, epidural pain medication and seeks to avoid Caesarian section unless there is a medical emergency.

Our "Mother-Baby Wellness" programs teach new mothers the correct techniques of breastfeeding, newborn care and help with post-partum care for mothers during the often emotional period of new motherhood.

Our postnatal "Return to Fitness" programs help new moms regain fitness, strength and muscle tone while also losing weight. These individualized fitness regimes are designed to suit each mother's unique physical and emotional situation.

For more information, please contact:

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