

**Press Release**

For Immediate Publication



## Calling all pregnant couples for Aquanatal classes

**Chennai, 30<sup>th</sup> August 2019:** Fortis Malar Hospital in association with Happymom is conducting Aquanatal classes that are open to all pregnant couples in their second/ third trimester on Saturday (7<sup>th</sup> of September 2019). Aquanatal sessions have numerous benefits for expectant mothers such as reducing strain on weight bearing joints, reducing swelling of lower limbs, reducing fluid retention, aids bonding with the foetus, preparing the body for labour amongst a host of other gains.

For registrations, kindly contact +91 8248653940.

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**About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.*

**About Fortis Malar Hospital:**

*Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.*

**For more information, please contact:**

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