

Press Release

For Immediate Publication



Mums to be try aquanatal along with their partners

Chennai, 8th September 2019: Fortis Malar Hospital in association with Happymom conducted Aquanatal classes for pregnant couples in their second/ third trimester. The session focussed on positions, breathing and comfort techniques. Aquanatal classes are exercises carried out in water which are specifically devised for pregnant women. These exercises help the mother to feel good about themselves and is a fun and safe way to keep active during pregnancy. The physical benefits of exercise helps pregnant women cope with the extra strain placed on their bodies.

Commenting on this occasion **Dr Jayashree Jayakrishnan, PT., Childbirth Educator, Aquanatal Instructor, Fortis Malar Hospital** said “Aquanatal is a wonderful form of safe exercise during pregnancy. Keeping fit during pregnancy is extremely important both physically and mentally; and water is the ideal medium for exercise, particularly in the later stages of a pregnancy. The benefits of buoyancy and hydrostatic pressure make the participation of Aquanatal not only enjoyable but also advantageous to women both during and after their pregnancy.”

Aquanatal classes will be conducted every alternate month. For further details regarding upcoming aquanatal classes, kindly contact +91 8248653940.

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:

Fortis Healthcare	Brand –Comm
Rokesh, 9094745180 rokesh.a@fortishealthcare.com	Lydia Sonali Diaz, +91 99403 56877 lydia@brand-comm.com
Fortis Healthcare Ltd. Head, Corporate Communications AjeyMaharaj: +919871798573 ajey.maharaj@fortishealthcare.com	