

Antenatal Physiotherapy Group Education Class

Grampians Health - Run Online via Telehealth

First Monday of the Month 5.30-6.30

For any Mums-to-be from 12 weeks to 36 weeks

Topics

- Pelvic Floor
- Continence
- Abdominals
- Back Care
- Exercise
- Sleeping
- Preparing for labour
- Post-natal recovery

No referral required – Call to book in
You will be sent a meeting link to join the class

Contact:

Stawell
Allied Health Reception
(03) 5358 8531
27-29 Sloan Street
Grampians Health Stawell

Ballarat
Physiotherapy Reception
(03) 5320 4465
2-West Ballarat Base Hospital
Grampians Health Ballarat