

CLASS REGISTRATION:

To register or obtain more information please direct all enquires to:

Fit for Birth
Albury Wodonga Health
Wodonga Hospital

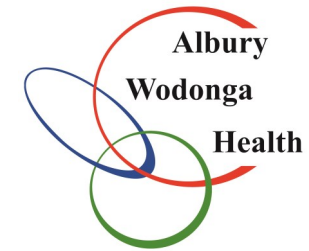
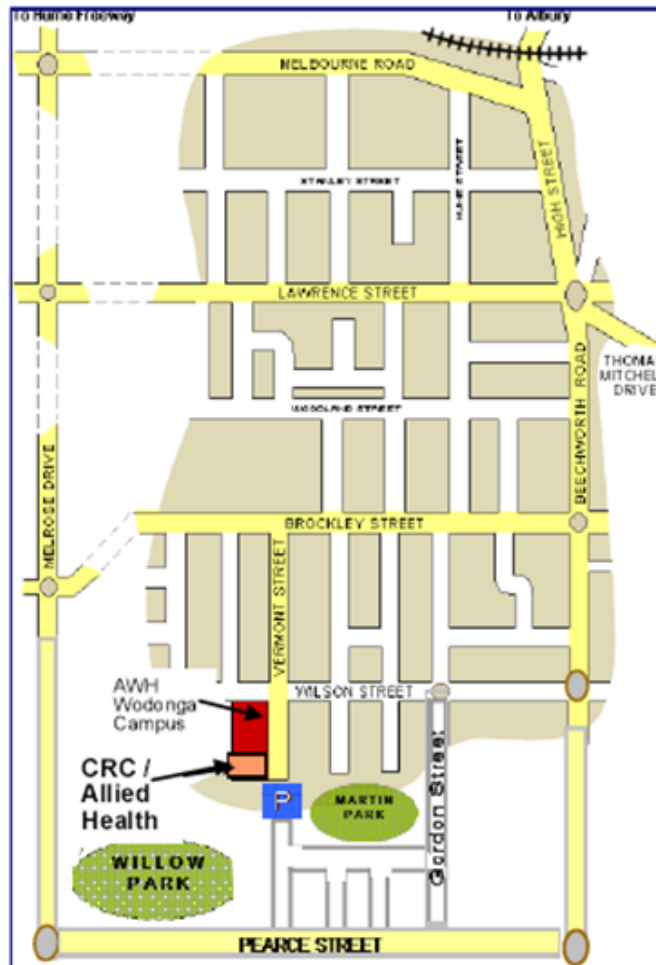
Monday to Friday
8.30am to 5pm
Phone: (02) 6051 7400
Fax: (02) 6051 7286
www.awh.org.au

- You will be asked to provide your contact details and will be sent an indemnity form.
- Fill in and return your indemnity form to the CRC / Allied Health Centre within two weeks.
- You will then be contacted regarding your class starting date.
- Have fun attending Fit for Birth Classes throughout your pregnancy!

MARCH 2014

Where is the CRC / Allied Health Building located?

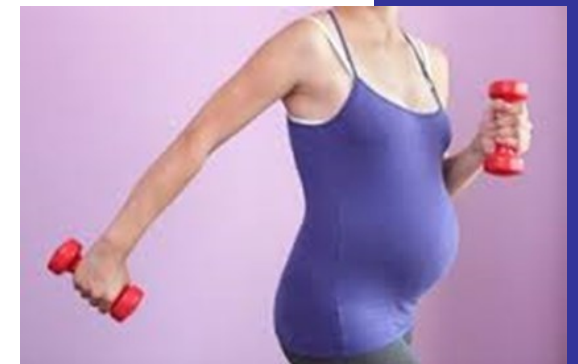
73 - 75 Vermont Street, Wodonga.



Fit For Birth!

Pregnancy Exercise and Education Classes

Wodonga Hospital



Pregnancy is an exciting time, full of wondrous growth and many changes.

With all the changes that are occurring, many expectant mums are unsure of what exercises are appropriate and how much they should do.

Exercise is an important part of pregnancy and should be enjoyable.

EXERCISE IN PREGNANCY:

- Prepares your body for the physical demands of labour.
- Improves recovery after birth.
- Manages pregnancy aches and pains.
- Increases energy levels.
- Maintains strength and flexibility.
- Improves coordination and balance.
- Improves circulation.
- Reduces stress and anxiety.
- Improves posture.
- Increases self-confidence.
- Helps to maintain healthy weight gain.

Albury Wodonga Health, Wodonga Hospital offers Fit for Birth classes for pregnant women.

The weekly class is run by Physiotherapists with experience in antenatal exercise.

EACH CLASS WILL CONSIST OF:

- 45 minutes of varied exercises.
- 15 minute information session on topics related to pregnancy, birth, post-natal period and child development.

AIMS:

- To provide a guided exercise class, appropriate for all stages of pregnancy.
- To teach appropriate types and intensities of exercise during pregnancy.
- To answer health and fitness questions relevant to pregnancy.
- To meet other mums to be.

Fit For Birth!

WHEN: Tuesdays

TIME: 5.30 pm to 6.30 pm

WHERE:

Albury Wodonga Health - Wodonga Hospital
CRC / Allied Health Building
Vermont Street
Wodonga 3690

COST: \$7 per class

WHAT TO BRING / WEAR:

- Comfortable exercise gear
- Runners
- Towel
- Water Bottle