



NEW 4 2010



Antenatal & Pelvic Floor Awareness Exercise Class

- 4 Week Course Starting Saturday (06.03.10 – 27.03.10)
- Start time 10am
- Exercise & information sharing
- Max 8 Mums per class
- Improves circulation, muscle flexibility, general health & well being
- Increases relaxation and breathing
- Problem solving
- Exercises are individually tailored to suit all stages of pregnancy
- Cost for the course \$80, 10% discount to be applied if paid at the time of booking.
- Mums to Be may be eligible for private health fund rebates dependent upon their level of cover

Lize Prinsloo, Physiotherapist and Post Grad Certificate in Incontinence and Women's Health is able to offer help and advice with all stages of pregnancy:

- Correct movement techniques during pregnancy and after childbirth
- Daily exercises
- Techniques to ease backache
- Hemorrhoids – advice and management strategies
- Pelvic floor muscle training, tummy strengthening
- Carpal tunnel syndrome during pregnancy
- Correct posture

Please do not hesitate to contact Lize on 9304 4100 to find out more about how she can help you.

