

POST NATAL CARE FOR MUMS

Free information session



To help you with your experience as a new mum, this workshop will cover:

- Changes to your body in the postnatal period
- Self care and mental wellbeing for mums
- How to look after your pelvic floor and safely return to exercise.

When

Friday
1 November 2019
10:00 am to 12:00 pm

Where

Canterbury City Community Centre
130 Railway Parade
Lakemba NSW 2195

Facilitators: Tusanee Jierasak, Physiotherapist, Leichhardt Womens' Community Health Centre and Lisa Sing, RN, Leichhardt Womens' Community Health Centre

Cost: Free, with morning tea provided. Childminding available.

This workshop is a partnership between Leichhardt Women's Community Health Centre and Canterbury City Community Centre

To book and for more information call 4cs on 9750 9344