

Post pregnancy Exercise Class

You are invited to attend a small exercise and advice class, led by Chartered Physiotherapists, following the birth of your baby.

These classes will cover abdominal and core muscles, pelvic girdle pain, pelvic floor and continence issues.

- Spaces are limited so booking in advance is required.
- Please wear clothing and footwear suitable for exercise and bring a drink.
- You may bring your new baby.



Booking:
Therapy Services
01244 365234

Venue:
Ward 32,
Countess of Chester Hospital

Day:
Tuesday

Time:
1:30-3pm