

New Mums Physiotherapy Led Education Group



- Have you had a baby in the last year?
- Do you want to know more about recovery after childbirth and the best types of exercises to do to be strong?
- Do you have any problems related to pregnancy or childbirth that you would like to know more about?
- Do you have any pelvic floor or abdominal muscle problems?

Please come along to our **FREE** drop in group at Victoria Hall,
entrance on Chapel Walk, City Centre, Sheffield, S1 2JB

10.00am Thursdays:

27th September, 8th November, 13th December,
24th January and 7th March

Call **0114 271 3248** for further information

