



Healthy Pregnancy Exercise Classes

Join a class if you want:

Strong legs for labour

Strong arms for baby

Relaxation



- Who:** Women 14 weeks to 40 weeks pregnant
- When:** Tuesdays **5:00pm** or **6:15pm**
- Where:** F Block Osborne Park Hospital (Car park 1)
Osborne Place Stirling
- Cost:** No charge for Medicare eligible patients
- Bring:**
- **Pregnancy health record**
 - **Water bottle**
 - **This form signed by a doctor or midwife**

Participation Form

Please complete and bring to class

Name: _____

Hospital Number: _____

DOB: _____

Suburb: _____ **Phone:** _____

Expected delivery date: _____

Blood pressure: _____ **GDM** Y / N

Any other health issues: _____

Is patient suitable and able to attend exercise class?

Y / N

Dr or Midwife signature: _____

Please let your physiotherapist know if any of these details change throughout your pregnancy.

Women's Health and Continence Physiotherapy

Phone: 9346 8059

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