



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service



Physiotherapy after Pregnancy

Education

Run via telehealth by a Physiotherapist postnatal education classes are for Mums that have delivered at Osborne Park or King Edward Hospital until 6 months postnatal.

This class MUST be attended prior to the exercise class.

Exercise

In person sessions for women who have delivered their baby at KEMH or OPH (and have a valid Medicare card). Join us for exercise classes with your baby aged between **six weeks and six months**. **The Postnatal Education class must be attended BEFORE the exercise class.**



Bookings via Eventbrite

Use the QR codes to book and view all session times



or visit MS Bookings:
<https://rb.gy/1tr9oy>

