



ANTENATAL *Classes*

Pregnancy Health & Nutrition information delivered in a welcoming environment by an accredited Physiotherapist and Accredited Practicing Dietitian. Partners and Support People welcome.

Classes include:

- | | |
|--------------------------|--------------------------|
| ① Active Birth Skills | ④ Pelvic Floor Education |
| ② Nutrition Requirements | ⑤ Food Safety |
| ③ Happy Bowel & Bladder | ⑥ Safe Stretches |

\$40pp
per class

Follow us on social media
for upcoming dates.



BOOK TODAY!

Call us for more
information and to book.



IWC Ltd (ABN 96 356 361 867) trading as Pivot21. Terms, conditions, fees and charges apply. For more information, visit iwc.org.au/antenatal.