



2 Wet 2 Get Fit

MUMS & BUBS AQUA + HEALTH EDUCATION PROGRAM

This program is for both mother and baby to bond and maintain their physical and psycho-emotional wellbeing.

Each session is for 90 minutes with a health education specialist delivering an educational talk before the water exercise session.

Come and enjoy and meet other mothers and their babies.

- **Benefits of water exercise**
- **Mental health & wellbeing for new mums**
- **Contraception & sexual health after giving birth**
- **Nutrition for breastfeeding mothers**
- **Tools to reduce stress**

To Book: www.trybooking.com/TYMK



womens health
& family services

Mums & Bubs Aqua + Health Education Program

Thursdays:
22 March
29 March
5 April

10am – 11.30am

AQUA LIFE
42 Somerset Street,
East Victoria Park

\$75 for 3 weeks
(includes entry fee)

**Womens Health & Family
Services**

www.whfs.org.au

If you are interested email
bookings@whfs.org.au