

ANTENATAL EDUCATION

<u>SESSION</u>	<u>WHAT IS IT?</u>	<u>WHEN IS IT?</u>	<u>WHERE IS IT?</u>	<u>DO I NEED TO BOOK?</u>
<u>Early bird Antenatal Physiotherapist class</u>	Learn to look after your back, cope with minor ailments and learn pelvic floor exercises	1 st Friday of each month (from Jan) 12.45 -13.45pm For when you are 14-26 weeks pregnant	Weston Children's centre Penn Hill Rd, Weston, Bath BA1 4EH	No need to book Please just turn up
<u>Epidural Talk and Tens talk</u>	Discussing two types of pain relief so that if you are offered either at the time of delivery you will already be informed.	Once every 6 weeks Epidural 18.30-19.30pm Tens 19.30-20.30pm	Antenatal clinic waiting area PAW	Please telephone 01225 824650 to arrange
<u>Aqua natal classes</u>	Led by a physiotherapist, For maintaining muscle strength and flexibility, in warm water	Thursdays 12.00-12.45pm From 23 weeks £4.00 per session	Physiotherapy Department RUH	Please telephone 01225 824293 to arrange
<u>Team Tour</u> (birthing partners welcome)	A tour of the unit with emphasis on Active Birth	Alternate Wednesdays (from 17.11.10) 2.00pm approximately 1 hr long	Meet at the reception area of the Ante natal clinic at the Princess Anne wing, RUH	Please Telephone 01225 824669 To arrange
<u>Positive Birth Class</u> 2 Sessions	2 relaxed and informative Sessions about relaxation And positive birth.	Monday afternoons 14:00 – 16:00	Weston Children's centre Penn Hill Rd, Weston, Bath BA1 4EH	Please Telephone 01225 824669 To arrange
<u>Baby care and feeding workshop</u> (birthing partners welcome) 1 session	An informative session that includes infant feeding, baby bath, what to bring to hospital and more	Alternate Thursdays 14.00pm. Other days and venues may be available Approximately 2.5 hrs long	St Martins Garden Children's Centre. 150 Frome Road Odd Down BA2 5RE (parking within the primary school)	Please Telephone 01225 824669 To arrange