

香港助產士會

Hong Kong Midwives Association

Honorary Patron

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名譽贊助

太平紳士范徐麗泰人大常委



Workshop on Fit-ball Exercises in Maternity Care

Aim of the Workshop:

- To provide knowledge & skills on Fit-ball exercises in Maternity care

Contents:

- Principles in using Fit-ball
- Use of Fit-ball during pregnancy, labour & puerperium
- Practice on Fit-ball exercises

Speaker: Ms. Jess LI (Senior Physiotherapist, Kwong Wah Hospital)

Date: 22/6, 29/6, 6/7/2017 (Thursday)

Time: 18:15 – 20:15

Venue: D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong

Teaching Medium: Cantonese supplemented with English

Fee: HKD1,500 (Member) ; HKD2,500 (Non-Member)

Class Size: 16 (first come first serve)

CNE / PEM Point : 6

Award : Certificate will be issued for those with 100% attendance

Remarks: Participant must bring their own Fit-ball to the class. Fit-ball can be purchased at Midwives Association. The cost of Fit-ball is HK\$ 350 each. The size of Fit-ball is recommended in the following table.

Body Height	Fit-Ball Size
146cm-165cm	55 cm (S)
165cm-188cm	65 cm (M)

Enrolment :

Please return the completed application form with the course fee in the form of a crossed cheque made payable to “Hong Kong Midwives Association” and send to the address of Midwives Association. The application form can be downloaded from the website: <http://www.midwives.org.hk>

Enquiry :

Hong Kong Midwives Association. Tel : 2893 8800 Fax : 2572 5329