

香港助產士會

Hong Kong Midwives Association

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Workshop on Birth Ball Exercises in Maternity Care

Aim of the Workshop:

- To provide knowledge & skills on Birth Ball exercises in Maternity care

Contents:

- Principles in using Birth Ball
- Use of Birth Ball during pregnancy, labour & puerperium
- Practice on Birth Ball exercises

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

Date: 8/1, 15/1 & 22/1/2020 (Wednesday)

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: HKD1,800 (Member) ; HKD2,700 (Non-Member)

Class Size: 16

CNE / PEM Point : 6

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

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

Body Height	Birth 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>

Deadline of Enrolment : 27/12/2019 (*first come first serve*)

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